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REVIEW AND HERALD PUBLISHING ASSOCIATION
Takoma Park, Washington, D.C.

Better Meals for Less

H. A. ROBERTS

CLEANING GRAPES

The housewife who knows what to cook and how to cook it, bids fair to gain an enviable place in the hearts of her family and friends.

The Proper Selection and Preparation of Foods is an Important Task.

INTRODUCTION

Better meals for less! "Better," especially in this respect, that they will support better health.

"For less," because expensive, unwholesome foods are omitted, and also because better health means less expense for medicine and doctors, and greater efficiency for work.

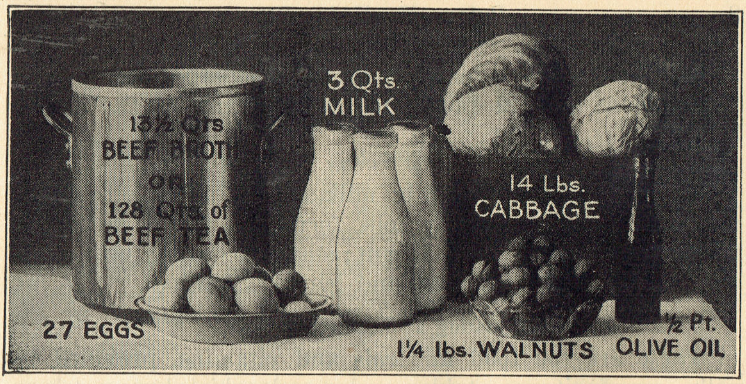
It is conceded by practically all authorities that diet is the greatest factor in the maintenance of health. Those who have had a chance to observe the effect of adequate and inadequate diets upon the growth, development, and general health of children, and the marked results of proper diet in restoring the health and increasing the vigor of grown people, need no argument to convince them that this is true.

This book is written with the purpose of helping people to live on a diet that will sustain the best possible health.

H. A. ROBERTS

BREAKFAST TIME

Getting a good start for the day.



EQUAL NUTRITIVE VALUES COMPARED

Meat extracts have very little in nutritive value as compared in quantity with other foods.

FOODS

To select meals that are deficient in no respect, requires some knowledge of the food needs of the body, and what foods fulfill these needs. This knowledge I will try to give in a simple way.

Food is required, (1) to build and repair the body tissues; (2) to provide energy for work and maintain body temperature; (3) to regulate body processes and protect us from disease.

Building Foods

Building foods include meats of all kinds, eggs, milk, cheese, dried beans, peas, and lentils, nuts, and cereals.

Meats are second-hand building foods, because animals obtain their body-building material from plants. The eating of meat involves the eating of body wastes, because these wastes are always present in the flesh of animals. For this reason, eating meat adds to the work of the eliminative organs, raises blood pressure, and decreases endurance. In obtaining better meals for less, the high cost of meat, as compared

with other farm products, is to be considered, and will be found to be a vital factor in the planning of the family budget.

Heat and Energy Foods

These are fats, supplied by milk, cream, butter, oils, olives, and nuts; sugar in its various forms, as found in confectionery, sirups, honey, and fruit; starch, supplied by cereals, legumes (dried beans, peas, and lentils), potatoes.

Regulating and Protective Foods

These are the food minerals and vitamins, provided by milk, eggs, fruits, vegetables, and cereals which have not been refined; and cellulose, provided by vegetables, fruits, bran, and unrefined cereals.

General directions for selecting model menus:

BREAKFAST

A. CEREALS:
   1. Bread or toast and butter (one slice).
   2. Breakfast cereal (one serving).
      Cooked: Oatmeal, Wheatena, Ralston, Pettijohn's.
      Toasted: Shredded Wheat, Wheat Flakes, Krumbles, Zo, Grapenuts.

B. Egg, cottage cheese, or beans (one serving).

C. Milk or nuts.

D. FRUIT (two large servings — one raw, if possible):
   Oranges, grapefruit, banana, apples, pears, peaches, melons, berries, grapes, pineapple, figs, dates, raisins, prunes.

DINNER

A. Soup (if desired).

B. VEGETABLES (take one from each group):
   1. Raw: Lettuce, celery, cabbage, spinach, cucumbers, sweet peppers, watercress, carrots, radishes, tomatoes.
   2. Starchy: Potatoes (white or sweet), corn, peas, Lima beans, carrots, beets, parsnips, Hubbard squash.
   3. Nonstarchy: Asparagus, greens of all kinds, cabbage, Brussels sprouts, summer squash, eggplant, turnips, cauliflower, string beans, tomatoes.

C. Bread (one or two slices) and butter or ripe olives.

D. PROTEIN FOODS (take one serving):
   Beans, peas, lentils, cottage cheese, milk, egg, stewed gluten, nuts, peanut butter, nut food (cero meat, nut cero, nut loaf).

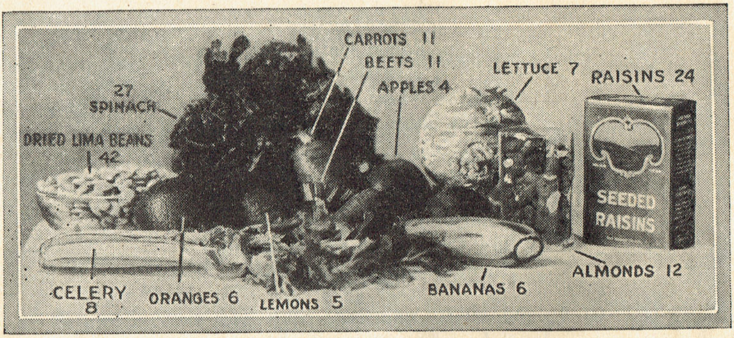
E. SIMPLE DESSERT (not fruit):
Honey, maple sugar, plain cake, squash pie, pumpkin pie, junket, blancmange.

SUPPER

A. FRUIT (two servings or more — one raw, if possible):
In salad or in dessert, as orange, grape, or cherry jelly, or shortcake; or tomatoes or corn in place of one serving of fruit.

B. Bread or cereal, butter or ripe olives.

C. Milk (plain or in soup), cottage cheese, beans, nuts, peas (green or canned), or Lima beans.



ALKALI-FORMING FOODS

The figures indicate the amount in alkaline value of each food illustrated. A good resistance against colds and high blood pressure is obtained by keeping the body alkaline.

In selecting meals it is well to remember that for the best digestion it is wise to avoid eating fruit and vegetables (especially tough, fibrous vegetables) at the same meal, and to limit the amount of sugar used with milk and milk mixtures, or to be moderate in the use of such mixtures. Also, foods cooked in fat are not easy to digest.

Another fact that we do well to remember in choosing food, is that some foods are acid-forming in the body and others are alkali-forming, and that the alkali-forming foods should predominate in the diet, to neutralize the acid wastes, thus keeping up the alkalinity of the body and our vital resistance.

The acid-forming foods are, in the order of acidity: flesh foods, cereals, eggs, breads. The alkali-forming foods are: vegetables (specially greens), dried beans (the highest being Lima beans), and fruits (raisins, figs, and dates being rich in alkali), but this does not mean that dried fruits should be used in preference to fresh fruit. Both are good. To assist in the selection of a balanced dietary, we give herewith suggestive food lists for three days:

Sample Menus

BREAKFAST

Rolled Oats
Milk
All-of-the-Wheat Bread or Toast
Apple Sauce   Banana

DINNER

Cottage Cheese
Baked Potato   Spinach
Raw Carrot and Celery Salad
Honey and Graham Cake

SUPPER

Green Peas
Sliced Peaches   Prunes
Rye Bread   Butter

BREAKFAST

Soft-cooked Egg
Toast
Orange   Steamed Figs

DINNER

Stewed Lima Beans
Mashed Potatoes   Squash
Sliced Tomatoes
Apple Pie

SUPPER

Ripe Olives
Cottage Cheese
Maple Walnut Rolls
Raspberries   Apple Sauce

BREAKFAST

Griddle Cakes with Maple Sirup
Cottage Cheese or Peanut Butter
Orange

DINNER

Baked Split Peas
Baked Sweet Potatoes String Beans
Cabbage Salad
Graham Gems Honey

SUPPER

Corn Chowder
Beaten Biscuit
Grapes or Grape Jelly with Whipped Cream
Stuffed Dates

ANOTHER SUPPER

Green Lima Beans
Sliced Tomatoes
Peach Shortcake

Cereals

Since cereals are acid-forming, it is better that they, including breads, should not enter too largely into the diet. Entire-wheat bread, toast, and Zwieback are among the best forms of cereal foods. These are relished without sugar, milk, or cream, and require better mastication than porridge or mush. But some cereals, like oats and rice, cannot alone be made into bread, and must be used as cereals.

There are preparations of oats that have been partially cooked, so that they require only a little more cooking, but the process of factory preparation spoils the oat flavor. The best flavored oat food, and I am inclined to believe, the most valuable, is the old-fashioned Scotch or Irish oatmeal. It requires several hours' cooking, and is a good winter food.

To render cereals most easily digested, they require longer cooking than the directions on the package usually specify. A double boiler is needed to cook cereals, unless one has a fireless cooker or a pressure cooker.

Scotch Oatmeal

1 cup oatmeal
1 qt. boiling water
1¼ teaspoons salt

Put into a double boiler, and cook four or five hours. To use for breakfast, this should be cooked the day before, and reheated in the double boiler in the morning. A fireless cooker is excellent for cooking cereals.

Serve the oatmeal with cream or milk, but *without* sugar. This makes of the oatmeal a substantial food rather than a dessert, and it digests better without the sugar. Also it is well to eat something hard, like nuts, dates, or Zwieback, with mush to encourage mastication.

Natural Brown Rice

This is to be preferred to white rice because it contains the vitamins, minerals, and cellulose which have been removed from white rice.

1 cup rice
¾ qt. boiling water
1 teaspoon salt

Cook in a double boiler one hour. Serve with cream or milk, but without sugar.

Corn Meal Mush With Raisins or Dates

If the old-fashioned, unrefined corn meal can be obtained, it is best.

2 cups boiling water
¾ teaspoon salt
½ cup corn meal

Have the water, to which the salt has been added, boiling in the inner part of the double boiler, set directly over the fire. Whip the meal into the boiling water with a batter whip, and stir till thickened. Place the inner part of the double boiler into the outer part, which is a little less than

NOTE.— In the recipes in this book all measurements of teaspoons, tablespoons, and cups are level. In measuring the liquids and flour, the regulation graduated cups and quart measures should be used, not teacups or coffee cups.

half full of boiling water, and cook one hour, or longer. Before serving, stir one-half cup raisins or stoned dates into the cereal. Serve with cream or milk.

Plain cornmeal mush without the raisins or dates may be served with molasses, without cream or milk. Nuts sprinkled over this are a valuable addition.

MOTHER KNOWS BEST
"Mamma says whole-wheat bread helps make me strong, 'n' I like it."

A double quantity of corn meal mush may be made, and part of it poured into a bread tin to cool. Remove it from the tin, slice it, dip the slices in beaten egg and roll them in bread crumbs. Place the slices on an oiled pan, and brown in a hot oven.

Serve with maple sirup.

Whole-Grain Wheat

Several companies are putting up cooked whole wheat in cans under this name, and seem to claim that no other preparation of whole wheat is equal to it in health-giving properties. It is wholesome, because it requires thorough mastication, and it is laxative. It is cooked in such a way that the kernels of wheat are unbroken. But it is sold at a high price. It can be prepared at home, but requires long cooking, so that, either way, there is some objection to using it,— the price, when you buy it already prepared, but convenient; the time and fuel required to cook it if you prepare it yourself. But if you use it in the wintertime when a fire is needed for warmth, the fuel expense item is eliminated. And the wintertime is the best time to use the home-cooked cereals. For summer use those ready-to-eat cereals that contain the whole of the grains from which they are made, are convenient and wholesome.

The secret of having the grains of wheat whole is not to use too much water when cooking it.

Wash one pint of whole wheat, and soak it in two quarts of cold water overnight. In the morning pour off the water, until there is only enough water on the wheat to cover it about one-fourth inch. Add salt, and cook the wheat in a double boiler, steamer, or fireless cooker from six to eight hours. The grains will be unbroken, and while they are soft, they require a great deal of mastication. Some people like it on this account, others like to get their chewing done without spending too much time at it. If you like the wheat better cooked softer and broken, put the pint of wheat to soak in one and one-half quarts of water. In the morning add two teaspoons salt, and cook it in the water in which it soaked, without pouring off any. Cook it in a double boiler, steamer, or fireless cooker six to eight hours.

To serve for breakfast, reheat in the morning in a double boiler.

Dextrinized Cereals

In the process of digestion, starch must be changed to a form of sugar. It is possible partially to accomplish this by

cooking. When starch is browned by toasting, it is changed to a form of carbohydrate between starch and sugar, called dextrin. When cereal foods are eaten in the form of dextrin, the digestive process has only to complete one short step from dextrin to sugar. Cereal foods which have been "dextrinized" by toasting, may be said to be partially predigested. The browning also gives a toasted taste, which is palatable for a change. It is this change in the starch that gives the palatable flavor to the crust of bread.

Browned Rice

Pour one cup of dry rice into a pie tin or small square pan. Set it into the oven. Occasionally open the oven door and stir the rice. Leave the rice in the oven till it has been toasted to a light brown or straw color. Allow the rice to cool, then wash it by putting it into a bowl, pouring hot water over it, and beating it with a batter whip, then pouring off the water. Pour on more water and beat again. Pour off the water, and repeat till the water remains clear. Then drain thoroughly, and put in a double boiler with three cups of boiling water and one teaspoon salt, and cook one hour.

Browned rice is never pasty or sticky after it is cooked, but light and fluffy.

Serve with cream, but without sugar. Browned rice is very nice served with a fruit sauce, like raspberry or orange sauce.

Zwieback (Pronounced "tsvee'bahk")

Use either white or entire-wheat bread or the bread made for Zwieback according to the recipe given among the "breads." Slice about one-half inch thick when it is one day old. Lay the slices on a baking pan, and put into a moderate oven to dry out and brown lightly throughout the slices.

Zwieback is the ideal toast — better than toast made by simply browning the outside of a slice of bread and leaving the inside like a slice of fresh bread. Another advantage that Zwieback possesses over other cereal foods is that it

compels mastication, which is necessary for the best digestion of cereal foods. And a change is produced in the starch by browning, so that when Zwieback is moistened with water or other liquid, it does not become pasty. Still another advantage is that it can be made in quantity and kept a long time. If it loses its crispness, this may be restored by reheating in the oven.

Zwieback may be eaten plain, or spread with dairy butter, peanut butter, jelly, or marmalade. Or it may be used for making hot toasts.

Cream Toast

Place a slice of Zwieback in a cereal bowl. Pour hot, thin cream over it, and serve at once.

Or moisten the slice of Zwieback in hot water, and pour milk gravy over it.

Raspberry Toast

Thicken raspberry sauce or canned raspberries slightly with cornstarch, and pour over moistened slices of Zwieback. Other fruits may be used, stewed pears and peaches being rubbed through a colander and heated.

Orange Sauce

1 cup water
½ cup orange juice
½ cup sugar
2 tablespoons cornstarch
1 egg yolk, if desired
A few grains salt

Stir the cornstarch smooth with a little cold water. Heat the one cup of water to boiling, and stir into it the cornstarch mixture. Let it boil gently two minutes. Add the sugar, salt, and orange juice, and a bit of very thin grating of the yellow portion of the rind of the orange. If a richer sauce is desired, before adding the orange juice stir a little of the hot sauce into the egg yolk, then stir into the hot sauce, then add the orange juice.

Macaroni

Whole-wheat macaroni supplies more of the life-sustaining elements than does white macaroni.

To Cook Macaroni

1 cup macaroni or spaghetti broken into pieces one inch long, or use the ready-cut or elbow macaroni
2 qts. boiling water
1 level teaspoon salt

Drop the macaroni into the actively boiling, salted water, and keep it boiling for ten to twenty minutes according to the size of the macaroni. Stir occasionally so that it will not stick to the bottom of the kettle.

After the macaroni is tender, turn it into a colander to drain off the water, then run cold water through it to prevent the pieces of macaroni from sticking together. Then one cup of cream sauce or milk gravy, or milk gravy to which one chopped hard-boiled egg has been added, may be mixed with the macaroni. Put it into a pan and reheat in the oven.

Macaroni au Gratin

1 cup macaroni, cooked according to directions
1½ cups sour cream
¼ clove garlic cut fine
¾ teaspoon salt
1 egg

Beat the egg and mix with it the sour cream, garlic, and salt. Then mix the boiled and drained macaroni with this mixture. Put into a baking pan and bake till set.

Spaghetti With Tomato Sauce

1 cup spaghetti, cooked according to directions
2 tablespoons butter substitute
2 tablespoons olive oil or cooking oil
2 sticks celery, cut fine
1 medium onion, chopped
1 teaspoon Greek thyme
1 pint tomatoes
¼ cup fine-ground pine nuts, peanuts, or other nuts
4 mushrooms, cut fine
1½ teaspoons salt

Put into a saucepan the butter substitute, oil, onion, celery, mushrooms, and thyme, and simmer twenty minutes. Then add the tomatoes and ground nuts, and cook very slowly for one hour. The long cooking together with the Greek

cooking. When starch is browned by toasting, it is changed to a form of carbohydrate between starch and sugar, called dextrin. When cereal foods are eaten in the form of dextrin, the digestive process has only to complete one short step from dextrin to sugar. Cereal foods which have been "dextrinized" by toasting, may be said to be partially predigested. The browning also gives a toasted taste, which is palatable for a change. It is this change in the starch that gives the palatable flavor to the crust of bread.

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Macaroni au Gratin

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1½ cups sour cream
¼ clove garlic cut fine
¾ teaspoon salt
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Spaghetti With Tomato Sauce

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2 tablespoons olive oil or cooking oil
2 sticks celery, cut fine
1 medium onion, chopped
1 teaspoon Greek thyme
1 pint tomatoes
¼ cup fine-ground pine nuts, peanuts, or other nuts
4 mushrooms, cut fine
1½ teaspoons salt

Put into a saucepan the butter substitute, oil, onion, celery, mushrooms, and thyme, and simmer twenty minutes. Then add the tomatoes and ground nuts, and cook very slowly for one hour. The long cooking together with the Greek

thyme for seasoning, is what gives this sauce its specially good flavor.

The Greek thyme, which is a specially nice flavoring for gravies and soups, can be bought at Greek or Italian stores.

After the sauce has cooked the required length of time, mix the cooked spaghetti with it, put into a baking pan, and reheat in the oven.

Savory Spaghetti

1 cup spaghetti, cooked according to directions
1 small green sweet pepper
1 small onion
1 stick celery
1 cup tomatoes
3 tablespoons butter substitute
1 teaspoon salt

Chop the pepper, onion, and celery, and cook in the butter substitute eight minutes without browning. Add the tomatoes, and simmer ten minutes. Add the salt. Stir the cooked and drained spaghetti into this. Reheat and serve hot.

Bread Made From All of the Wheat

YEAST BREAD

As a mainstay in the diet, or a "staff of life," we recommend bread made from flour which is whole wheat ground fine, nothing being removed from the resulting flour, and no white flour being used in making the bread. Such bread, being as truly whole wheat as wheat itself, contains about four or five times as much iron and two and one-fourth times as much lime and phosphorus as white bread contains. But if the diet includes as much vegetables and fruit and legumes as it should include to be predominantly alkaline, one may, for variety, indulge occasionally in bread or rolls in which white flour is used.

The idea has been common that the dough should be softer for whole-wheat bread than for white bread. I find that better whole-wheat bread is made by making the dough as stiff as for white bread, stiff enough so that by deft

handling, it can be kneaded like white bread dough, without sticking to the board. Of course, it requires skill to knead dough that is not too stiff, in such a way that it will not stick to the board. The kneading must be done by rolling the dough lightly and keeping it moving, not pressing it onto the board so as to make it stick to the board or hands. The dough is drawn toward the person with the finger tips, then rolled away from the body with the heels of the hands, with light pressure; then the dough is turned at right angles and the motion repeated, keeping the dough in motion to prevent its sticking.

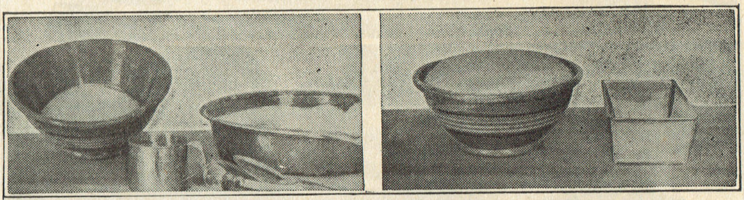
When the dough made by the accompanying recipes is first stirred together, it may seem to be so dry that all the flour will not work into it to make a dough; but after it is kneaded a little, it will be found to make a dough of the right consistency to knead, and it should be possible to knead it without using flour on the board, but if it does stick a little at first, dust a little flour on the board. The process should be continued till the surface of the dough looks smooth, no lumps or uneven places showing. A well-kneaded dough, in which the elasticity of the gluten has been developed, may be soft, and yet stick to itself rather than to the board or the hands. The best way to mix dough so that it will not be too stiff and yet will be thoroughly mixed is to use a bread mixer.

If you have scales, you will be more sure of having the dough of the right consistency if the flour is weighed; but if it must be measured, it should be sifted before measuring, then dipped lightly into the measure with a spoon and not pressed or shaken down. When whole-wheat flour is sifted, if any particles of bran do not go through the sifter, they should be put with the flour which did pass through the sifter, not thrown away.

When the dough is sufficiently kneaded, oil the bowl in which it was mixed, if that is large enough to let it rise in; put the dough into the bowl, and set in a warm place to rise. Cover the bowl with a tin cover or with several thicknesses of cloth to prevent a skin from forming over the surface of the dough.

The dough should rise enough to more than double its bulk. This will require from two to three hours, according to the temperature of the place where it is set to rise. The best temperature is from 75° to 85° F.

To determine when the dough has risen enough, give the top of the dough a good hard tap with the backs of the fingers. If a hole stubbornly sinks into the dough where it was struck, it has risen enough. If it remains firm after the blow, it should be allowed to rise more. If the dough sinks very quickly when struck, it has been allowed to rise too much; that is, more than it should to make the best bread.

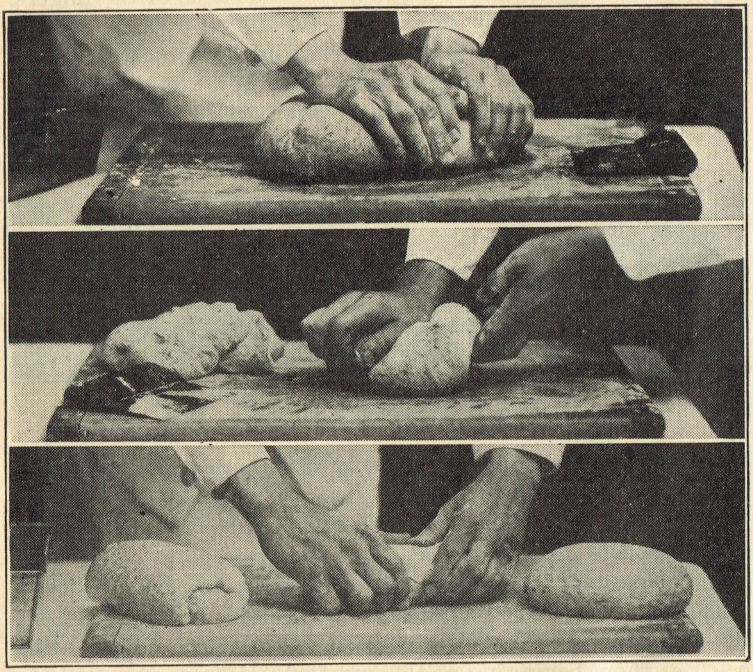


Left: Bread dough, after kneading, and ready for rising.
Right: The dough sufficiently risen.

When the dough is sufficiently light, punch it down, fold it together, and turn it over to rise again. When half risen, take it out onto the bread board, and divide it into the number of loaves it will make. To mold the loaves, give each piece of dough two or three blows with the fist, fingers downward, to flatten it out; fold the right and left sides of the dough in toward the center enough to make the sides overlap a little; then, beginning at the end farthest from you, roll the dough up into a hard, tight roll, rolling the dough back and forth with the palms of the hands till it is the length of the bread pan. The tighter and smoother the dough is rolled up, the lighter the bread will be, and the better its grain will be. Place the loaf in the oiled bread tin, and set in a warm place to rise, covering it with two or three thicknesses of cloth. It may require an hour, more or less, to rise.

When risen sufficiently in the loaf, the dough will respond slowly when gently pressed with the finger. When it responds quickly, it should be allowed to rise more. If it does

not respond at all to the pressure of the finger, or if it settles a little, it has been allowed to rise too much, in which case it is better to take it out onto the bread board and mold it over into a tight roll to rise again. The grain of the bread will be much better than if it is baked when risen too light.



Three steps in the kneading and molding process of bread making.

The oven should be hot, yet not too hot, for baking bread. It should be of such a temperature that the bread will have a nice brown crust on all sides after one hour's baking. If an oven thermometer is used, a temperature of 400° F. is about right.

When sufficiently baked, bread gives a hollow sound when tapped on the top with the fingers, and a well-baked loaf can be held for a moment on the bare palm of the hand without burning the hand. Place the baked loaves on a bread

rack to cool, or across the empty bread pan, so that air can circulate around them.

RECIPES

All-of-the-Wheat Bread

3¼ lbs. or 3¼ qts. flour, that is really entire wheat, or all of the wheat
½ cup molasses
3½ cups lukewarm water
1 level tablespoon salt
2 cakes compressed yeast
¼ cup oil

Put the flour into a mixing bowl. Put the lukewarm water into another dish, crumble the yeast cakes into the water, and stir till the yeast is entirely dissolved. Then stir in the molasses, salt, and oil. Turn this mixture into the flour, and stir it to a dough with a spoon. Then take the dough out onto a board, and knead the dough till it is perfectly smooth. Then follow the general directions already given.

This should make three loaves baked in tins 9½ x 4¼ x 3 inches in size, or in pans of equal capacity.

One should not expect that a piece of all-of-the-wheat bread dough will make a loaf as large as the same size or weight of white bread dough will make. It will make a loaf only about three fourths the size. To try to make a dark bread loaf as large as a white bread loaf of the same weight would be, is to spoil the bread — make it coarse grained, or perhaps it will fall in the oven.

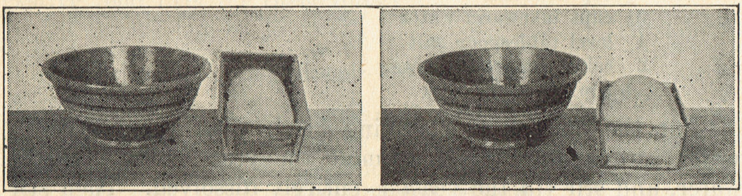
Superfine Buns

1¼ lbs. or 1¼ qts. white bread flour
1 cup lukewarm water
1 compressed yeast cake
1 egg, beaten
1½ level teaspoons salt
¼ cup sugar
1 tablespoon oil

Put the flour into a mixing bowl. Dissolve the yeast cake in the water. Add the egg, salt, sugar, and oil, then turn this mixture into the flour and stir to a dough, then take it out

onto a board and knead till smooth. A bread mixer is really needed to make a smooth dough when it is as soft as this is.

When the dough is well mixed, put it into an oiled bowl to rise. When light, punch it down, fold it together, and turn it over to rise again. When half risen the second time, take the dough out onto a floured board, divide the dough



Left: The molded loaf in pan ready for rising.
Right: The loaf after rising and ready for baking.

into pieces the size of a large walnut. Roll these between the hands, or on the board, into tight balls. Place side by side on an oiled pan, so that they just barely touch. Allow to rise till very light, or till they scarcely respond at all when pressed with the finger, then bake till nicely browned.

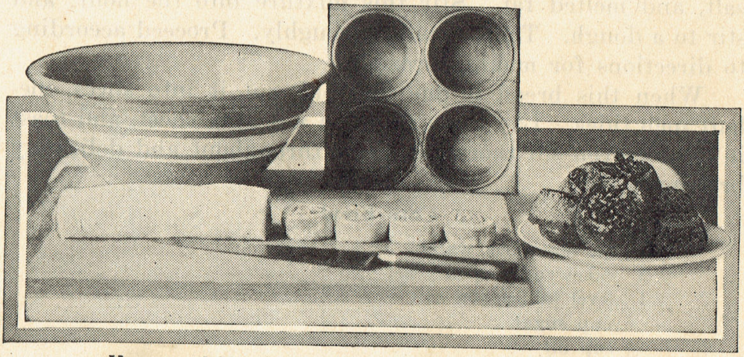
Honey and Nut Rolls

1 cup of half milk and half water, lukewarm
1 cake compressed yeast
2 tablespoons oil
¼ cup sugar
1 level teaspoon salt
1 egg yolk
4½ cups or 1 lb. and 2 oz. white bread flour
1 teaspoon lemon flavor

Mix the dough according to preceding recipes.

After the dough has risen once and come up one half the second time, take it out onto a floured board, and with a rolling pin, roll it into a sheet about one-fourth inch thick, six inches wide, and as long as this makes the dough. Brush this flat piece of dough with oil and sprinkle it with brown sugar, then roll it up into a long roll like a jelly roll, by rolling it from one side to the other. Cut this long roll into pieces about one inch long.

Take pie tins and put about one sixteenth of an inch of oil over the bottom of them, pour onto the oil one tablespoon of strained honey, sprinkle on two tablespoons of brown sugar, and over this sprinkle some halves of walnut meats. Put enough of the cut pieces of dough, cut side down, side by side onto these prepared plates to fill them, using as many plates as are necessary to hold all the rolls. Set in a warm place to rise. Bake in a not too hot oven till nicely browned.



Honey and Nut Rolls in Preparation and Ready to Eat

As soon as they are baked, turn them out of the pie plates, upside down, onto other plates to cool. The nuts will then be on top of the rolls.

This same dough will make nice baked doughnuts by rolling it into a sheet one-half inch thick, cutting it out with a doughnut cutter, putting the doughnuts onto an oiled pan, allowing them to rise and baking them.

The honey and nut rolls look much more attractive if they are baked in cup-cake tins, putting into the bottom of each cup one-half teaspoon of oil, one-half teaspoon of honey, one teaspoon of brown sugar, and two or three walnut halves, then putting a slice from the roll of dough into each cup, allowing them to rise and baking them, turning them out of the tins as soon as baked.

Zwieback

If you wish to make some unusually nice Zwieback, try this recipe:

1 pint lukewarm water
2 cakes compressed yeast
¼ cup molasses
½ cup brown sugar
⅓ cup butter substitute
1 level teaspoon salt
1¼ qts. or 1¼ lbs. white bread flour
¾ qt. or ¾ lb. entire-wheat flour

Dissolve the yeast in the water. Add molasses, sugar, salt, and melted fat. Stir this mixture into the flour, and stir to a dough. Then knead thoroughly. Proceed according to directions for making bread.

When this bread is one day old, cut it into slices one-half inch thick. Lay these slices on a baking sheet, and toast in a slow oven till thoroughly dry throughout and delicately browned.

Corn Bread

1 qt. lukewarm water
2 cakes compressed yeast
1 level tablespoon salt
⅓ cup sugar
⅓ cup oil
¾ lb. or 2¼ cups corn meal
2½ lbs. or 2½ qts. white bread flour

Put the corn meal and flour into a mixing bowl. Put the lukewarm water into another dish, crumble the yeast cakes into the water, and stir till the yeast is entirely dissolved. Then stir in the sugar, salt, and oil. Turn this mixture into the corn meal and flour, and stir it to a dough with a spoon. Then proceed as in making all-of-the-wheat bread.

This will make three loaves.

Oatmeal Bread

5 oz. or 2 cups rolled oats
1 pt. boiling water
¼ cup sugar
½ cup lukewarm water
1 compressed yeast cake
1 tablespoon oil
1¼ lbs. or 1¼ qts. white bread flour
1 teaspoon salt

Pour the boiling water over the rolled oats, cover, and let stand till lukewarm. Dissolve the yeast cake in the one-half cup of lukewarm water. Add this and the salt, sugar, and oil to the oatmeal. Beat together thoroughly, then stir in the flour and knead till a smooth dough is made, then proceed according to directions in preceding recipes.

This will make two small loaves.

Nut Bread (Two Small Loaves)

1 lb. or 1 qt. white bread flour
1 cup and 1 tablespoon lukewarm water
1 cake compressed yeast
1½ level teaspoons salt
¼ cup sugar
1 egg, beaten
3 tablespoons oil
½ cup raisins
2 cups walnut meats, not chopped

Dissolve the yeast in the water. Stir into this one half of the flour. Set in a warm place to get light. When light, stir in the remaining ingredients, and knead till a smooth dough is made. It is much easier to mix this with a bread mixer.

I think it is as important for the housewife to be provided with a bread mixer, as for the husband to be provided with a mowing machine, or an automobile to use in his business.

When the dough is mixed, proceed as in making other kinds of bread.

Quick Breads

There is testimony of the highest authorities to the effect that the constant use of breads made with baking powder or soda is prejudicial to the best of health. The substances left in food by the use of soda and baking powder are in the nature of cathartics, which have an irritating effect on the alimentary tract, also upon the blood vessels when absorbed with the food, and upon the kidneys when eliminated. When these substances are fed experimentally to small animals, they produce Bright's disease.

By incorporating air into batter breads by beating, and into dough breads by kneading, light breads can be made without using chemical leavening agents.

Entire-Wheat Pop-overs

1 cup cold milk
1 egg
1 cup entire-wheat flour, sifted before measuring
½ teaspoon salt

For this recipe use fine entire-wheat flour, fine enough to pass entirely through a flour sieve.

Break the egg into a mixing bowl, add the milk and salt. Beat with an egg beater till the milk and egg are thoroughly mixed. Stir in the flour and beat with the egg beater till the batter is smooth, which will require only about one minute's beating. Have gem irons heating while the batter is being prepared. Oil the hot irons, which should be hissing hot, and pour the batter into them, filling each compartment level full. Do not try to fill all the compartments full. Fill the compartments full as far as the batter will go, and leave the rest empty. Bake in a moderately heated oven from thirty to forty minutes. Pop-overs must be thoroughly baked in an oven that is not too hot. If they are not sufficiently baked, they will shrivel up or "fall" after they are removed from the oven. If the oven is too hot, they will be browned as much as they should be on the outside before they are baked enough on the inside to prevent them from "falling."

"Aërated" gems are lighter if baked in gem irons with small round compartments rather than long and larger compartments.

Entire-Wheat Gems

The only difference between the pop-overs and the gems is that a little more flour is used in the gems, and then the gems are light and fine-grained instead of hollow.

1 egg
1 cup cold milk
½ teaspoon salt
1¼ cups entire-wheat flour, sifted before measuring

Follow the directions for making the pop-overs, but this batter is a little too stiff to be beaten with an egg beater. It should be beaten with a wire batter whip. The batter is of the right consistency when, as it falls from the batter whip lifted out of the batter, it piles up slightly on the batter, instead of being thin enough to make a depression in the batter as it falls into it.

The easiest way to get this batter into the irons is to pour it into a quart measure, then turn it from the measure into the hot, oiled gem irons. Do not forget to pour into each compartment all it will hold. Bake in a hot oven till nicely browned.

Graham gems may be made by using one-half cup unsifted Graham flour and three-fourths cup white flour.

For rye gems use rye flour or meal instead of Graham.

For corn gems use one-fourth cup corn meal and one cup white flour.

For currant gems, add one-fourth cup washed and dried currants.

For nut gems add one-fourth cup chopped walnuts.

Bran Gems

2 tablespoons cooking oil
2 tablespoons molasses
¾ cup milk
½ teaspoon salt
1¼ cups bran
½ cup white flour
2 eggs
¼ cup raisins

These gems contain a large amount of bran, and are intended to be eaten for their laxative effect, but they are very palatable also. Bran gems can be made with one egg, but they are not nearly so nice.

Beat together in a mixing bowl the molasses, oil, milk, egg yolks, and salt. Stir in the bran and flour, and beat till well mixed. Stir in the raisins, then beat the egg whites stiff and dry, and carefully fold them in last. With a tablespoon put the batter into hot, oiled gem irons, filling each compartment heaping full, as far as the batter will go. Bake till nicely browned.

Corn Bread

1 cup corn meal
1¼ tablespoons white flour
1½ teaspoons salt
1¼ tablespoons sugar
2½ tablespoons oil
About 1 cup boiling water
3 eggs

Mix all the dry ingredients in a bowl. Be sure the water is *boiling* hot. Pour the boiling water onto the meal *in a slow stream,* stirring all the time. The water must not be poured on too rapidly, as this will cause the meal to absorb too much water and the bread will be heavy. It may be necessary to add a little more water to make a medium batter. Add the oil. Beat the whites of the eggs stiff and dry. Beat the yolks till stiff. Carefully fold the beaten yolks into the whites. Then very carefully fold the corn meal mixture into the beaten eggs so as not to lose the air that has been beaten into the eggs. Pour into an oiled baking pan in which it will be about an inch deep, and bake in a quick oven.

This bread may seem to require a large amount of eggs, but it is very good, and can be made when eggs are least expensive, or when you are to have eggs for breakfast, using the eggs in the corn bread instead of having them plain.

Graham Rolls

2 cups white bread flour
2 cups Graham flour
1½ teaspoons salt
6 tablespoons solid vegetable fat
1 cup milk

Sift the white flour before measuring it. Stir the Graham flour to make it light before measuring it.

Mix the two kinds of flour and the salt; then, with the hands, rub the fat into the flour till it is mealy. Stir in the milk and work to a dough. Knead well till the dough is smooth. This will make a stiff dough, so stiff that you may think at first that it cannot be kneaded; but as it is worked, it becomes softer and smooth. Now with a hammer, hammer the dough out into a sheet. Wherever the face of the hammer hits the dough, it makes a depression. Fold the dough over double. This folds air into the dough in each depression made by the face of the hammer. Hammer the dough around the edge to hold the air in, then hammer it out thin again, and fold over again. This process is supposed to be continued for about twenty minutes, till the dough is full of air bubbles or blisters. When the dough has reached this stage, gather it into a ball and with the hands roll it out into a long roll

like a broom handle, only a little smaller; then cut into pieces about two inches long. Prick with a fork and bake till nicely browned. If the dough is rolled a little larger than a lead pencil the pieces may be called "sticks." Or if the dough is rolled out into a sheet with a rolling pin, and cut with a biscuit cutter and pricked with a fork, they may be called "biscuit."

Breads of this kind are crisp and rather hard, which is one reason for their great wholesomeness — they encourage mastication. They can be made in quantity and kept, and reheated before using to freshen them.

Date Rolls

1 cup white bread flour
1 cup Graham or entire-wheat flour
⅔ teaspoon salt
6 tablespoons solid fat
⅓ cup milk

Follow directions for making Graham rolls, except that when the dough is well kneaded the hammering may be omitted.

With a rolling pin, roll the dough out into a sheet about one-eighth inch thick. Cut the sheet into strips about two and one-half inches wide. Lay halves of stoned dates lengthwise along the middle of each strip. Wet one edge of each strip. Then roll the strip sidewise over the dates, so as to make a long roll about three-fourths inch in diameter, having dates through its entire length. Cut the roll into pieces two and one-half inches long. Bake till nicely browned.

Strips of figs may be used instead of dates.

Some of the Most Nourishing Soups Are Made From Vegetables

SOUPS

MEAT soups contain the flavor of meat, but very little of its nourishment. They consist largely of the waste matter produced by the body activity of the animal, which would have been eliminated by the excretory organs of the animal if it had lived. Meat soups are highly acid ash, and tend to increase the acidity of the blood.

In contrast to this, vegetable broths and soups are highly alkaline and rich in food minerals and vitamins. They are really medicinal.

Never throw away the water which is left after cooking vegetables.

Spinach Broth

To the water which is left after cooking spinach, add salt to season, and cream. This makes a real blood-building soup.

Asparagus Broth

Season with cream and salt the water in which asparagus has been cooked. This has a real meaty flavor.

Vegetable Soup

1 carrot
1 small turnip
1 small piece of cabbage
1 stick celery
1 onion
2 small potatoes
1 quart cold water
1 pint bean broth
1 pint water in which potatoes have been cooked
2 teaspoons butter substitute
1 cup strained tomatoes, if the flavor is liked in the soup
1 teaspoon summer savory
Salt to season
Or one or two teaspoons vegex may be used in place of part of the salt

The bean broth is broth left from stewed beans.

Grind the vegetables through a food chopper with the coarsest cutter. Put to cook in the one quart of cold water. After boiling slowly for an hour, add the potato water and bean broth, and continue stewing slowly for two or three hours longer. The good flavor of vegetable soup depends on long, slow cooking. The butter substitute may be added before serving, or it may be cooked with the vegetables. Add the seasoning and the tomato and vegex, if desired. The amount of salt needed will depend upon how much the soup is allowed to boil away — how thick the soup is when it is served.

Instead of using bean broth in the soup, one-fourth cup of green split peas and one-fourth cup of Lima beans may be cooked with the vegetables.

The broth from this soup may be used for vegetable broth or bouillon.

Imperial Cream Soup

1 cup strained tomatoes
2 cups water
3 tablespoons flour
⅓ cup heavy cream
1 teaspoon salt
1 bay leaf
½ teaspoon powdered thyme

Heat the tomato and water, with the bay leaf and thyme, to boiling. Stir the flour smooth with the cream and whip it into the boiling liquid. Add the salt and remove the bay leaf before serving.

Thousand Island Soup

Make this like the Imperial Cream Soup, omitting the bay leaf and thyme, and adding one-third cup of chopped ripe olives and one-third cup of chopped pimiento.

Mayflower Soup

2 tablespoons peanut butter
½ cup each tomatoes, chopped onion, and corn
1 clove of garlic
1 tablespoon flour
½ tablespoon butter substitute
2 cups water
½ cup heavy cream
1 teaspoon salt
¼ teaspoon celery salt

Cook the nut butter, onion, and garlic in the water with the salt, gently for ten minutes, being careful that it does not scorch, or stick to the saucepan. Add tomato and corn, and heat in a double boiler. Melt the butter substitute, stir into it the flour, then stir some of the hot liquid into the butter and flour, and then stir the butter and flour into the hot liquid. Cook ten minutes, then add the celery salt, and cream.

Tampa Bay Soup

½ cup tomatoes
1 tablespoon peanut butter
¼ cup okra, canned or fresh
¼ cup sliced onion
½ tablespoon butter substitute
½ tablespoon flour
¼ tablespoon browned flour
1 teaspoon salt
¼ cup diced nut meat or nut cero
1 tablespoon nut cheese or nut loaf
1 tablespoon chopped parsley

Cook together the tomatoes, peanut butter, okra, and onion, taking care that it does not stick to the saucepan. Melt the butter substitute, stir into it the flour and browned flour. Stir into this one-half cup boiling water and cook till

thickened, then add to the vegetable mixture. Rub the whole through a colander. Add remaining ingredients and reheat.

Berkshire Soup

1 small onion, chopped
2 tablespoons butter substitute
¼ bay leaf
1 tablespoon flour
1 pint canned tomatoes
1 tablespoon sugar
1 teaspoon salt
1 cup water
1 cup canned corn
¼ cup heavy cream
1 egg yolk

Cook onion in butter substitute five minutes, stirring. Add bay leaf and flour; cook two minutes. Stir into this the boiling water and cook till thickened. Add tomatoes, sugar, and salt, and simmer gently twenty minutes. Add corn and reheat, then rub the whole through a colander. Reheat, and add the egg yolk and cream, which have been stirred together.

Washington Chowder

1 cup diced potato
2 cups water
1 small onion
1 teaspoon salt
¾ cup stewed tomatoes
¾ cup corn
½ cup heavy cream

Slice the onion and cook in the water with the potatoes. When tender, add the tomatoes and corn. Reheat, being careful that it does not stick to the saucepan. Before serving, add the cream and salt.

Seashore Chowder

1 cup milk
1 cup water
½ cup dried corn, soaked, and cooked till tender, or 1 cup canned corn
1 tablespoon butter substitute
3 small onions, diced
1 cup diced potato
½ cup diced cero meat or homemade nut meat
1½ teaspoons salt

Cook the onion in the butter substitute five minutes. Add the water and potatoes, and cook till potatoes are tender. Add milk, corn, and nut meat, and reheat.

Cream Corn and Pea Soup

- 2/3 cup green or canned peas
- 1/3 cup canned corn
- 1 stick celery
- 1 quart milk
- 1 tablespoon flour
- 1 tablespoon butter substitute
- 1 1/2 teaspoons salt

Rub the peas and corn through a colander. Add the milk and celery. Heat in a double boiler. Stir the flour smooth with a little cold water and stir it into the hot soup. Add the butter substitute and salt.

Vegetable Oyster and Corn Soup

- 1 1/2 cups sliced vegetable oysters
- 1/4 cup canned corn
- 1 3/4 cups water
- 2 teaspoons flour
- 1/4 cup cream
- 1 teaspoon salt

Cook the vegetable oysters in the water. Drain off the water and measure it. Add to it sufficient hot water to make one and three-fourths cups. Bring to a boil, and thicken with the flour stirred smooth with the cream. Add corn, vegetable oysters, and salt, and reheat.

Cream Lima Bean Soup

- 1 cup dried Lima beans
- 1 cup milk
- 1 tablespoon butter substitute
- 1 1/4 teaspoons salt

Wash the beans, and soak them in cold water overnight. In the morning drain off the water in which they soaked, and put the beans to cook in fresh cold water. Simmer slowly for at least three hours. Long cooking of beans or peas for soup is necessary to cook them to a pulp that will remain suspended in the soup instead of settling to the bottom. Rub the thoroughly cooked beans through a colander. Add the

H. A. ROBERTS

"More Soup, Please"

milk, butter, and salt, and water to make one quart of soup, and reheat in a double boiler. The milk may be omitted and two tablespoons butter substitute used.

This recipe may be followed in making soup from other kinds of beans.

Split Pea Soup

If you can get green split peas, they make a richer-tasting soup than the yellow split peas.

1 cup split peas
2 tablespoons butter substitute
1¼ teaspoons salt

Wash the peas and soak them overnight. In the morning put them to cook in a double boiler in the water in which they soaked.

It is almost impossible to cook split peas directly over the fire sufficiently to make good soup without scorching them, but they can be cooked in a double boiler almost as quickly, with no danger of scorching. They should be cooked four or five hours. Season with the salt and butter, and add water to make one quart of soup. If desired, rub through a colander.

Lentil Soup

1¼ cups lentils
¼ cup chopped onion
2 tablespoons butter substitute
1½ teaspoons salt
1 cup strained tomatoes

Lentils as well as peas scorch easily, and it is better to cook them for soup in a double boiler.

Wash the lentils and soak them overnight. In the morning drain off the water in which they soaked, and put them to cook in fresh, cold water in a double boiler, and cook them five or six hours. Rub them through a colander. Cook the chopped onion in the butter substitute till lightly browned. Add this, the salt, and tomato juice to the soup, and sufficient hot water to make one quart of soup. Reheat.

Lentil and Corn Soup

One-half cup of corn pulp makes a nice addition to the lentil soup.

Cream Aurore Soup

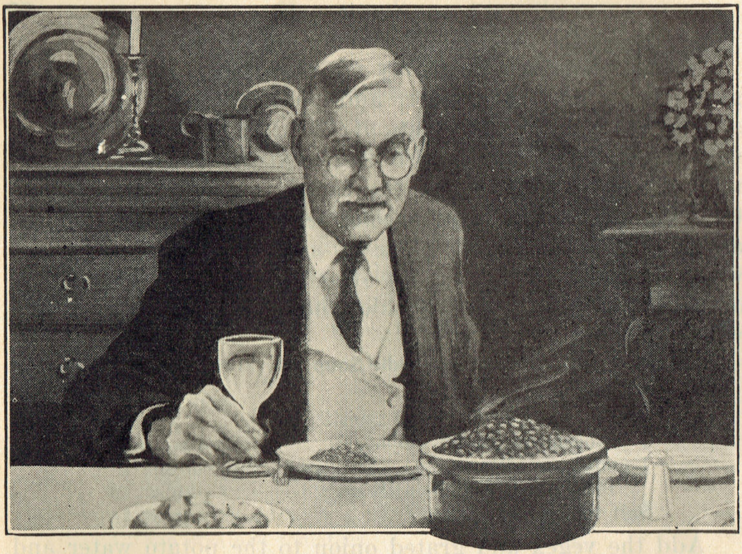
2 cups tomatoes
½ pint can asparagus
1 large onion, sliced
1 small bay leaf
1 pint water
A bit of parsley
2 teaspoons salt
1 tablespoon flour
1 tablespoon butter substitute
¼ cup cream

Simmer together for thirty minutes the tomatoes, asparagus, onion, bay leaf, water, and parsley. Melt the butter substitute, stir the flour into it; then stir some of the hot mixture into this flour and butter mixture, and stir smooth; then stir this mixture into the remaining hot liquid. Cook two minutes. Rub through colander. Reheat, and add the cream. When serving, place a spoonful of unsweetened whipped cream to which a bit of salt has been added, on top of each serving, and sprinkle chopped parsley over the whipped cream.

Noodle Soup

1 pint potato water
1 pint bean broth
1 tablespoon grated onion
1 ounce noodles
½ teaspoon vegex
Salt to taste

Add the vegex and grated onion to the potato water and bean broth. Heat to boiling, then cook the noodles in this broth till they are tender. Add salt to taste. Instead of the vegex, the soy sauce that is used to flavor chop suey, which can be bought at Chinese restaurants or stores, may be used.



A WHOLESOME MEAL
Legumes are rich in protein, and may be used as a substitute for meat.

LEGUMES

LEGUMES is the name of the class of foods that includes the dried beans, peas, and lentils. These differ from other vegetable foods in containing a large amount of protein, and have always been considered a hearty food, beans being called "the poor man's beef." Legumes are the second most economical food, cereals being the first; that is, you can buy more nourishment for a given sum when you are buying cereals than in any other food, and legumes come second. I once heard Mr. Horace Fletcher say, "You can buy more nourishment for five cents when you are buying beans than for a dollar when you are buying meat." Legumes have always been regarded as an important part of an economical diet.

It has been believed also that beans, being high in protein, containing, in fact, as large a proportion of protein as meat contains, are objectionable in somewhat the same way that meat is objectionable, and must be used moderately; but it has been found that while flesh foods are the most highly acid-forming of all foods, legumes are alkali-forming, and therefore are one of the most important protein foods because they do not tend to increase the acidity of the system. Of course they should not be eaten in such quantities as to make the protein in the diet too high. Among the legumes, Lima beans are the most alkaline, being the highest of all foods except olives and molasses. While the protein of legumes, except soy beans and peanuts, is not "complete," it is not greatly deficient, and its deficiency may be made up by including a small amount of milk or nuts and an abundance of vegetables, specially greens, in the diet.

The legumes are rich in iron and lime, and this is another advantage they have over meat. They are also a source of vitamins.

The experience of Daniel and his companions on a diet of "pulse," is a classic example of the value of legumes in the diet. Beans have the reputation of being hard to digest, but experience shows that this is because they have not been properly cooked or properly eaten. No doubt, the fat pork when it has been an accompaniment of beans has been most largely responsible for the indigestibility of the beans.

Legumes require long, slow cooking to make them most digestible, and should have a vegetable fat used with them. When eaten, they should be thoroughly masticated to pulverize the skin which covers them. The skin is cellulose, and will interfere with the digestion of the legumes if they are swallowed like pills, nearly whole. The legumes can be made very digestible by rubbing them through a colander, after they are thoroughly cooked, to pulverize or remove the tough hull.

We do not recommend the use of soda in cooking beans. Soda destroys vitamins. Beans should be cooked in *soft* water. Beans cannot be properly cooked in hard water, and

the only excuse for using soda in cooking beans is to soften the water.

Since one of the objects to be attained in the cooking of legumes is to bring them back as nearly as possible to their condition before they were dried, they should be soaked in cold water, that they may absorb as much water as possible before they are put to cook.

Stewed Beans

In the evening wash one pint of beans, and leave them soaking in cold water. In the morning drain off the water, and put them to cook in fresh cold water. Stew them gently from three to five hours, according to the age and variety of the beans. Toward the end of the cooking, add two and one-half teaspoons of salt and two tablespoons of cooking oil or butter substitute, or one-fourth cup or more of cream.

Bean Puree

Cook the beans till the water in which they have been cooking is largely evaporated and the beans are rather dry, then rub them through a purée sieve. This purée may be served with gravy or tomato sauce, or it may be pressed into an oiled bread tin and baked. Then it can be turned out like a loaf and sliced and served with gravy, tomato sauce, or chili sauce. Some people like mint sauce on bean loaf.

Marbled Beans

Make dry purée of white beans and of red beans. Season separately with rich cream or vegetable fat. Put spoonfuls of the two kinds of purée irregularly in an oiled bread tin. Press it down and level off the top, and then bake it. Slice and serve like the plain loaf.

Boston Baked Beans

1 pint California pea beans
1 tablespoon salt
¼ cup cooking oil
¼ cup molasses
1 teaspoon sugar
1 small onion

Wash the beans and allow them to soak in cold water overnight. In the morning pour off the water, and put the beans in a bean pot. Add the remaining ingredients, and water to cover them to a depth of one inch over the top. Put the cover on the bean pot, and bake the beans in a moderate oven at least six hours, longer is better, keeping the beans covered with hot water for the first five hours. Then let the water bake out at the last, but do not permit them to become too dry.

The oven must not be too hot to bake Boston baked beans properly. If the oven is too hot, it will scorch the juice around the top and on the cover; then this scorched juice will be cooked into the beans, giving them a scorched flavor. The oven must be only hot enough to keep the beans cooking very slowly.

A fireless cooker is good to cook Boston baked beans in.

Baked beans according to this recipe are peculiar to New England, and New Englanders are satisfied with beans baked no other way. But people, and ideas, travel so much nowadays that Boston baked beans are found in many parts of the country.

Baked Beans, No. 2

People who have not been brought up to eat beans baked with molasses often prefer them baked without it.

1 pint pea beans
1 tablespoon salt
¼ cup cooking oil
2 teaspoons sugar
1 small onion

After soaking the beans overnight, pour off the water, and put them on the stove in a kettle in fresh water to stew. Cook them gently till they begin to get tender, then add the remaining ingredients, and pour the beans into a baking pan. Cover with hot water, and bake three or four hours, adding boiling water as necessary, having the top nicely browned when the beans are done.

Other kinds of beans than pea beans can be baked by either of these recipes. Yellow-eyed beans and kidney beans are very nice baked.

Bean Loaf

1 cup kidney or yellow-eyed beans
1 tablespoon grated onion
1 teaspoon salt
1 teaspoon sage
2 teaspoons peanut butter
¼ cup gluten flour
1 tablespoon tomato juice
1 hard-boiled egg, chopped fine

Make purée of the beans, and mix with it the remaining ingredients, stirring the peanut butter smooth with water. Put into an oiled bread tin, and bake till set and browned. Serve with gravy or tomato sauce.

Dried Peas

Peas are a little richer in protein than beans, and a little more easily digested. And the protein of peas is superior in quality to that of beans.

Peas are valuable as a source of iron, but do not contain as much as do lentils and beans. It takes only nine ounces to supply a day's requirement of iron.

Baked Chick-Peas

The chick-pea is a pea that would be much enjoyed, I think, if it were better known. It is much larger than any other kind of pea, and when cooked, resembles chicken stew in flavor. It can be bought at Italian stores.

1 pint chick-peas
2½ teaspoons salt
1 small onion
3 tablespoons oil

Follow directions for baking Boston Baked Beans.

Baked Split Peas

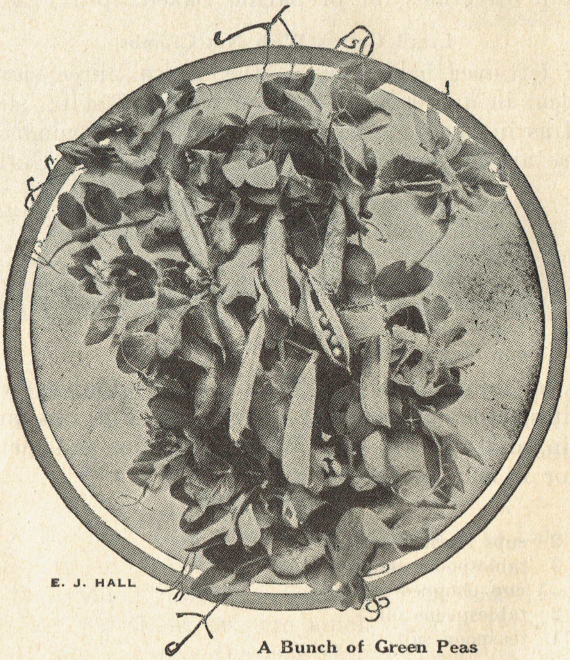
1 pint green split peas
2½ teaspoons salt
½ cup rich cream or ¼ cup cooking oil
½ clove garlic, if desired, cut fine

Wash the peas and let them soak overnight. In the morning put them into a double boiler with just sufficient water to come to the top of the peas, and cook till nearly tender.

Carefully stir into them the remaining ingredients, and put them into a baking pan in which they will be about one and one-half inches deep, with water enough to cover them. Bake slowly for an hour or more, till they are thoroughly tender and dry and mealy. Serve with cream sauce or tomato sauce.

Pea Cutlets With Nut Crumbs

Allow the peas that are left over from the baked split peas to cool in the pan in which they baked. The next day



A Bunch of Green Peas

when the peas are solid, cut into slices, dip the slices in beaten egg, roll them in chopped walnuts, place them on an oiled pan, and brown them in the oven. Serve with chili sauce.

Lentils

Lentils are more valuable for their iron than either beans or peas, and along with peas and beans are rich in lime.

Baked Lentils

1 pint lentils
1 small onion, chopped
1 small leek, chopped
½ cup tomato juice
2 tablespoons peanut butter stirred smooth with a little cold water
1 tablespoon salt
1 tablespoon oil

Cook the onion and leek in the oil till lightly browned. Follow directions for preparing Baked Split Peas.

Lentil Cutlets With Nut Crumbs

Rub left-over baked lentils through a purée sieve, and pack them in a bread tin. When cold and solid, slice and proceed as in making Pea Cutlets With Nut Crumbs.

These are even more enjoyable than the Pea Cutlets.

Lentil Headcheese

¾ cup very dry lentil purée
¼ cup cream
½ teaspoon salt
¾ teaspoon sage
¼ teaspoon summer savory
⅓ cup bread crumbs

Mix, let stand one hour. Then carefully fold in two eggs, the whites and yolks beaten separately. Put into an oiled bread tin, and bake till set. When cold slice and serve with gravy, or it may be served warm.

Lentil Patties

2 cups lentil purée
3 tablespoons chopped onion
½ cup chopped walnuts
2 tablespoons oil
1 teaspoon salt

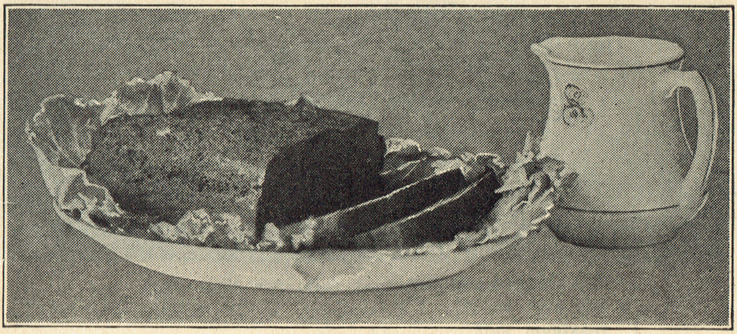
Brown the onion in the oil, then mix all the ingredients, and form into patties. Place on an oiled pan, and brown in the oven. Serve with gravy or tomato sauce.

Peanuts

Peanuts really belong to the legume family, but they resemble nuts in that they contain a large amount of fat and a small amount of starch.

Peanuts contain more protein than any nut except the pine nut, and their protein is of specially good quality. Besides this they are rich in iron and lime.

The true nuts are prepared by nature for eating, and require no cooking; but as the peanut is a legume, it would seem that cooking would make it more digestible, though raw peanuts ground to a fine meal are probably more digestible than roasted peanuts. The roasting is likely to overheat



Lentil Headcheese With Gravy

the fat in them and make it less wholesome. If peanut butter is made from very lightly roasted peanuts, it is not likely to cause digestive disturbance if eaten in small quantities.

Baked Peanuts

One of the best ways of cooking peanuts is to bake them after the manner of Boston Baked Beans.

Buy the shelled peanuts. They may be baked without removing the red skins, but are much nicer if these are removed. If you can buy the raw skinned peanuts, they are convenient to use for baking. You should be able to buy them at confectionery stores.

If you cannot buy these, buy the Spanish peanuts. Put them into a kettle and pour boiling water over them, then drain and spread them out on a pan, and put them into the oven to dry, but do not brown them. When they are dry, the skins are easily loosened by rubbing the nuts in the hands

or in a cloth bag. Then take the nuts out in the wind and pour them from one pan to another, and the skins will be blown away.

- 1 pint skinned peanuts
- 2 teaspoons salt
- 1 cup tomato juice
- 1 onion
- 1 bay leaf
- ½ teaspoon thyme

Soak the peanuts overnight. In the morning drain them and put them into a bean pot, cover them with water and put in the seasonings. Bake in a moderate oven twelve hours or longer, replenishing the water as it boils away. Or cook them in a fireless cooker.

The peanuts may be baked with only water and salt, omitting the other flavorings. They have an enjoyable flavor that way.

Nut Cheese

- 1 cup skinned peanuts
- ½ cup cold water
- 1 teaspoon salt
- ½ cup gluten flour

Put the peanuts to cook in one quart of cold water, bring to a boil, and boil slowly for one hour, then drain. Save the water for soup stock. Grind the peanuts through a food chopper, using the nut-butter disk. Add to the ground nuts one-half cup cold water, the salt, and the gluten flour. Mix thoroughly, put into a small tin can, and steam or boil, setting in a kettle of water that does not come to the top of the can, for three hours or longer. When cold, remove from the can. It may be sliced and served cold with jelly, or broiled and served with jelly or gravy, or baked in gravy or tomato sauce.

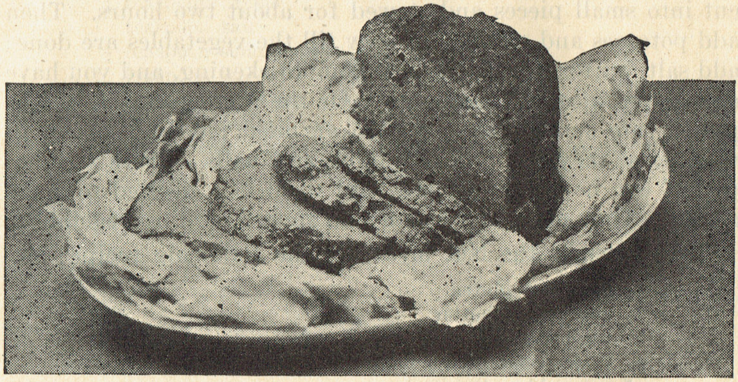
Nut Cheese, No. 2

- 1 cup peanut butter
- 2 cups cold water
- ½ cup gluten flour
- 1½ teaspoons salt

Stir the nut butter smooth with the water, adding the water a little at a time. Stir in the flour and salt, put into

a tin can that has a tight-fitting cover, and steam or boil from three to five hours.

White flour may be used instead of the gluten flour in these recipes, but the gluten flour is better.



Homemade Nut Meat Garnished With Lettuce

Nut Meat

Here is a recipe for a food that resembles meat in kind and quantity of food constituents, and also in consistency. It can be roasted, fried, or stewed, and used in other ways, in which it has a meaty flavor.

Gluten, which is the meat (protein) part of wheat, is required for the making of this nut meat.

To Obtain Gluten

Make a dough of three cups of cold water and three and one-half quarts of sifted white bread flour. Knead the dough thoroughly till a smooth dough is obtained, then put the dough into cold water and let it stand one-half hour; then work the dough with the hands. As the dough is worked in the water, the starch will wash out of it. As the water becomes milky, pour it off through a strainer so as not to lose any of the dough, and pour on fresh water. Continue to work the dough and pour off the water till the dough remains clear. You then have a lump of gluten.

If the quantity of gluten you have is less than the quantity called for in the recipe, the remaining ingredients in the recipe should be proportionately decreased. If there should be any more, the remaining ingredients in the recipe should be proportionately increased; or the surplus gluten may be cut into small pieces and stewed for about two hours. Then add potatoes and onion, and stew till the vegetables are done; add salt, butter substitute, and flour thickening, and you have a close imitation of meat stew. Or the gluten may be cut or pulled into small pieces, put on an oiled pan and baked, in which case they will puff into light, airy balls. These "gluten puffs" can be put away and kept until it is desired to make a stew. They may then be cut and stewed, adding vegetables.

But to make the Nut Meat use the following recipe:

1¾ cups wet gluten
1 cup peanut butter
2 teaspoons salt
4 tablespoons gluten flour
¾ cup cold water

Spread two tablespoons of the gluten flour in a pie tin and brown in the oven to a dark brown, stirring it occasionally so that it will brown evenly.

Stir the cold water into the peanut butter. Add the salt, the two tablespoons of browned gluten flour, and two tablespoons of unbrowned gluten flour, then combine this mixture with the gluten. This may seem an impossible task, but it can be done by perseveringly working at it with the hands.

When a homogeneous mass is obtained, put it into a tin can, cover it, and steam or boil it for three hours or longer. Longer cooking than three hours is better to give the desired flavor.

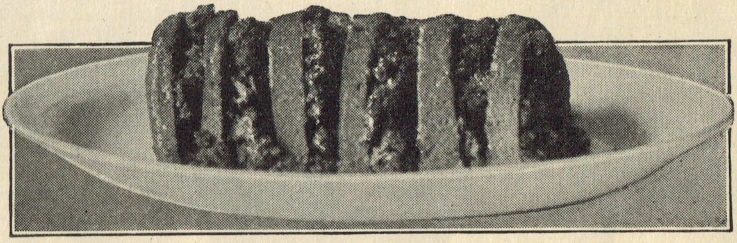
Roast Nut Meat With Dressing

In a small pan arrange slices of nut meat with a layer of bread dressing between them. Dissolve two teaspoons of vegex, or similar vegetable extract, in two cups of hot water. Add one tablespoon butter substitute. Pour this over the nut meat and dressing. Bake slowly for about one-half hour or longer, occasionally dipping the water up over the nut

meat, so as to flavor the nut meat with the dressing and gravy, which this flavored water eventually becomes.

Bread Dressing

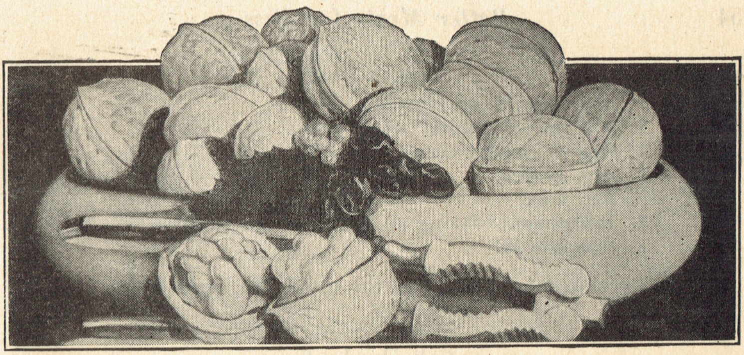
1 pint soft bread crumbs
¼ teaspoon thyme
1 teaspoon salt
¼ teaspoon summer savory
1 teaspoon sage
2 tablespoons chopped parsley
¼ cup butter substitute, melted
Water to make the mixture moist enough to stick together



Roast Nut Meat and Dressing
Ready to be put into a pan and roasted.

JOHN KABEL, PHOTO

NUTTING TIME



Nuts Are a Highly Concentrated Food.

NUTS

FRUITS have been called the "queens among foods." If this is an appropriate title, it seems to me that nuts are the kings. Nuts are really fruits or parts (seeds) of fruits, though they are quite different from those products which we are accustomed to think of as fruits. They are the hard fruits.

Nuts may well be regularly included in the diet. They are a hearty and concentrated food, containing a good quality of protein and a large amount of fat, and should be eaten moderately as a substantial part of the meal, and not between meals. If eaten thus and well chewed, they will not be found to cause digestive disturbance. Of course, grinding nuts to a fine meal, or "butter," makes them easily digested.

The fat in nuts is more easily digested than animal fat. And nuts are rich in lime and iron and contain vitamins.

Nuts are, next to clear fat, the most concentrated of all foods, and therefore are wisely used in moderation.

Nuts are prepared for eating by nature and require no cooking, but they can be used in the preparation of hearty protein dishes that are satisfying.

Princess Loaf

1 cup stale bread crumbs
1 cup cooked natural brown rice
1 cup chopped walnuts
1 egg, beaten
7/8 cup milk
2 tablespoons cooking oil or melted butter substitute
1 teaspoon salt

Mix ingredients, put into an oiled tin, and bake. Serve with gravy.

Columbia Loaf

4 hard-cooked eggs, chopped
1 quart bread crumbs (stale bread ground up)
1/2 cup chopped almonds
1 teaspoon salt
2 teaspoons celery salt
1 teaspoon thyme
2 teaspoons grated onion
1 raw egg, beaten
1/4 cup cream
Tomato juice to make of consistency of thick mush

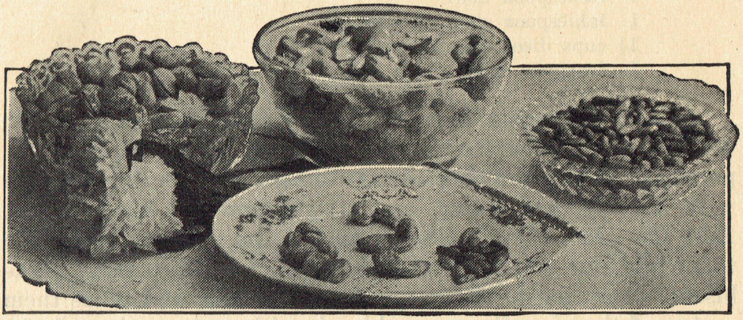
Mix thoroughly. Put into an oiled bread tin, and bake till set. Serve with cream sauce.

Spanish Meat Balls

1 cup mashed homemade nut meat or Cero Meat
3 tablespoons mashed homemade nut cheese or nut loaf
1 small onion, grated
1/2 of a pimento, chopped
3 tablespoons tomato sauce
1 tablespoon chopped parsley
2 hard-cooked egg yolks, chopped
2 raw egg whites, beaten
1 tablespoon butter substitute
3/4 teaspoon sage
1/3 teaspoon vegex or similar vegetable extract
Corn flakes

Separate the whites from the yolks of two raw eggs, and boil the yolks hard, which will take about ten minutes' cooking. Dissolve the vegex in a very little hot water. Mix all the ingredients together, using sufficient corn flakes to make the mixture just stiff enough so that it can be formed into

rolls about one inch in diameter and two inches long. Put onto an oiled tin, and bake in a hot oven till heated through, about ten minutes. Serve with gravy.



Nuts That Are Becoming Popular
Pistachio nuts, cashew nuts, and pine nuts.

Nut Meat a la King

1 tablespoon butter substitute
½ cup mushrooms, broken into pieces
¼ of a green pepper, chopped
1 tablespoon flour
¼ teaspoon salt
1 cup cream
1½ cups diced nut meat
2 tablespoons cream
1 raw egg yolk
½ teaspoon grated onion
½ tablespoon lemon juice
¼ teaspoon paprika

Melt the butter substitute, and cook in it for ten minutes the mushrooms and green pepper. Stir in the flour and salt, stirring till it becomes frothy; then stir in the cream, and continue to stir till it begins to boil. Set into a dish of hot water, or use a double boiler for the remainder of the cooking. Add the diced protose, and let stand till hot. Beat together the raw egg yolk, the 2 tablespoons cream, the onion, lemon juice, and paprika, and stir into the hot mixture. Serve on toast.

Nut Meat Pie

1½ cups diced potatoes
1 small onion, chopped
1 tablespoon oil
1 tablespoon flour
1 tablespoon chopped parsley
1½ cups diced nut meat
1 teaspoon salt

Boil the potatoes in a little more than enough water to cover them. Cook the onion in the oil, and add it to the potatoes. When the potatoes are tender, stir the flour smooth with a little cold water, and stir it into the hot mixture. Add the protose and parsley, and if the mixture seems too thick add hot water. Put into a pan and keep hot. Bake biscuit according to the recipe for Shortcake, and place them on top of the pie. Serve one biscuit with each serving of pie.

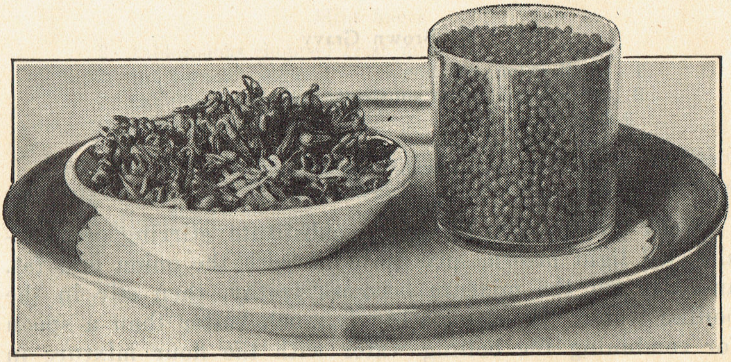
Chinese Chop Suey

1 cup mushrooms, fresh or canned, cut fine
1 cup bamboo shoots, sliced thin
¾ quart bean sprouts
1 cup Chinese cabbage, cut fine
1 cup celery, cut fine
1½ cups boiling water
1½ tablespoons cornstarch
¼ cup butter substitute
Soy sauce

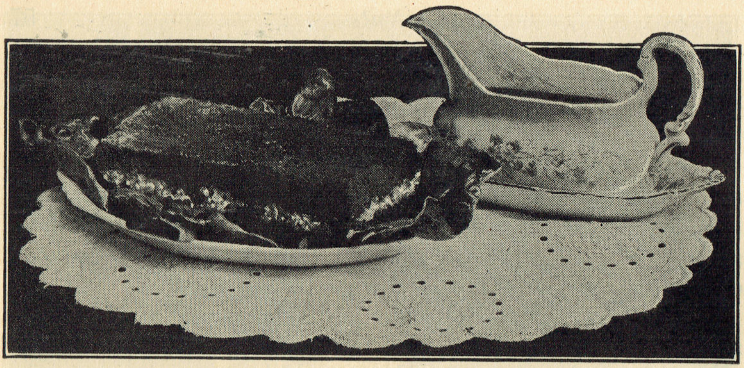
Cook the mushrooms in the butter ten minutes. Add the bamboo shoots, bean sprouts, Chinese cabbage, celery, and boiling water. As soon as the water boils, thicken with the cornstarch stirred smooth with a little cold water. Add sufficient soy sauce to give a brown color, and to salt the mixture to taste. No extra salt is needed, because the soy sauce supplies the salt. The chop suey should be cooked only long enough to make the ingredients hot. None of the ingredients require cooking. Long cooking will destroy some of the valuable food properties of the vegetables. Serve on a platter, with boiled rice on the side. If the flavor is liked, chopped onion may be cooked with the mushrooms.

The bean sprouts can be bought at Chinese stores or restaurants, or they can be bought in cans, but the raw ones are to be preferred. They are a valuable food because they are the whole bean plant, seed and leaf, and vitamins are developed in the sprouting of the bean. The bamboo shoots can be bought in cans, and the soy sauce in bottles at Chinese stores. The Chinese cabbage can be bought in the market, or you can grow it in your own garden.

The characteristic ingredients of chop suey are the bean sprouts and the soy sauce. The bamboo shoots and Chinese cabbage may be omitted. Nuts, as walnuts or almonds, are sometimes added to chop suey or you can use some diced nut meat.



Chinese Beans Before and After Sprouting



Lentil and Rice Roast With Gravy

GRAVIES

Brown Gravy

1 small onion, cut fine
2 tablespoons butter substitute
¼ cup flour
1 pint boiling water
1 teaspoon vegex, herbex, or savita
Salt to taste

Cook the onion in the butter substitute, stirring occasionally, till light brown, mix the flour with the onion and fat, and stir till the mixture becomes frothy, then stir in the boiling water. A batter whip is much better than a spoon for combining the boiling water with the flour mixture in such a way as to avoid lumps. Add the vegex, herbex, or savita, and cook two minutes.

Tomato Sauce

The tomato sauce given in the recipe for Spaghetti with Tomato Sauce, may be used where a tomato sauce is called for to serve with a loaf.

Chili Sauce

1¼ quarts tomatoes
2 onions, chopped
2 green sweet peppers, chopped
1 ripe sweet pepper, chopped
⅓ cup brown sugar
5 bay leaves
2½ teaspoons salt
½ teaspoon thyme
1 cup lemon juice

Cook together for twenty or thirty minutes all the ingredients except the lemon juice. Cool and add the lemon juice.

This may be rubbed through a fine strainer to remove the tomato seeds and make it like catsup.

Olive Sauce

Add chopped ripe olive meats to either the Brown Sauce or the Tomato Sauce.

Mint Sauce

2 tablespoons chopped fresh mint
2 tablespoons sugar
2 tablespoons lemon juice
2 tablespoons water

Pour boiling water over the mint, add the lemon juice and sugar, and let stand where it will keep warm till the sugar is dissolved.

Be Sure They Are Fresh

EGGS

Eggs are valuable in the diet because they furnish complete protein in concentrated form; they, especially the yolk, are rich in iron, lime, phosphorus, and vitamins; and when properly prepared, they are easily digested.

White of egg is almost pure albumen, and it is made tough and indigestible by a temperature equal to that of boiling water or a higher temperature. To cook eggs so that they will be most digestible they should be placed in water below the boiling point, about 170°, if you have a thermometer.

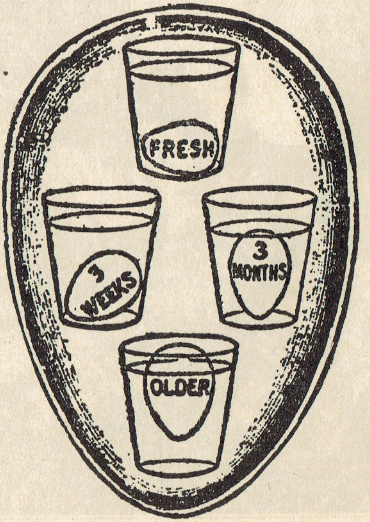
Soft-cooked Eggs

Use one and one-half cups of water for each egg to be cooked. Use a dish in which the water will be deep enough to cover all the eggs. Heat the water to boiling, set off the stove, put the eggs into the water, cover the dish, and allow

the eggs to remain in the water seven minutes for soft-cooked eggs. The whites of the eggs will be jellylike, or like soft custard, in which condition egg white is more digestible than when raw. The yolk will be soft. If you desire to have the yolk cooked more, instead of taking the dish off the stove, place it on a part of the stove where the water will not cool so rapidly. Egg yolk is most digestible when it is hard and mealy. The yolk can be cooked this way by leaving the eggs in water below the boiling point for an hour or longer, and the white will not be tough if the water is kept several degrees below the boiling point.

Dropped or Poached Eggs

Have a small pan of hot water on the stove in which the water is at least one and one-half inches deep. Have the water below the boiling point. Break an egg carefully into the water so as not to break the yolk, and leave it till the white is "set," then remove the egg from the water with a skimmer.

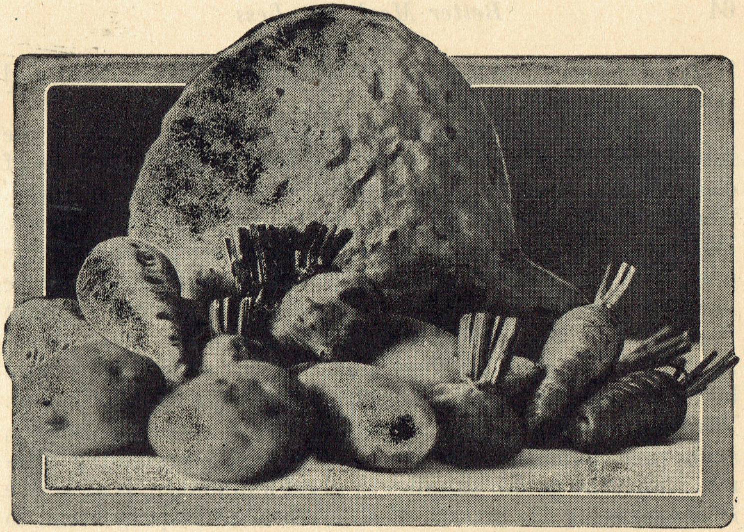


The Age of an Egg Tested in a Glass of Water

RACINE PHOTO

SMILES OF HEALTH

There is pleasure in the raising of your own vegetables, and health from eating them.



Vegetables That Are Best Baked or Steamed
Squash, parsnips, beets, carrots, potatoes, and sweet potatoes.

VEGETABLES

THEIR VALUE IN THE DIET AND HOW TO COOK THEM

VEGETABLES are our most abundant source of *food minerals.* They far exceed fruits in their store of these dietary essentials. They are also of great value for their vitamins, especially those vegetables that can be eaten raw. These two characteristics, providing minerals and vitamins, are especially possessed by the green vegetables, which are mostly water and provide very small quantities of energy food and building food. These foods have been looked upon to a greater or less extent as scarcely worth eating — little better than rubbish in the alimentary tract — something that must be gotten rid of by useless expenditure of energy. This is contrary to the truth. For not only do they furnish alkaline minerals and vitamins for the control of body processes, but

their " rubbish " is a most important intestinal stimulant and laxative.

Some vegetables provide considerable carbohydrate in the form of dilute sugar and easily digested starch, the starch of cooked potato being the most easily digested form of starch. The potato is also of great value for its alkaline minerals. People who have been in the habit of eating considerable quantities of cereal and bread, would do well to substitute potato for some of this class of food. Perhaps the thought that bread is the staff of life has led people to make cereal foods a chief part of their diet, but it would have been better if vegetables had entered more largely into their diet. While vegetables contain an abundance of alkaline minerals, acids predominate in cereals. " The growth-promoting vitamin which the potato supplies in great abundance, is as active in encouraging the growth of children as in helping bread to rise." (Housewives know the value of potato in making bread.) Perhaps another advantage of the potato is that people do not feel they must eat sugar on it, as they do with cereals.

The onion, often despised and banished from polite society because it makes itself so conspicuous, contains an iron compound that is of special dietary value.

It should be the aim in cooking vegetables, not only to conserve the food value of the vegetable, but to preserve color, texture, and flavor; if the latter is done, the former will be likely to be accomplished. If, in the process of cooking them, vegetables are made as attractive as they can be to the eye and to the taste, not much talk about the value of vegetables in the diet will be necessary to get people to eat them. People generally eat what they like, and it is hard to get them to eat what they do not like.

There are three classes of food material in vegetables that we need to conserve,— vitamins, minerals, and sugar.

Experiments seem to indicate that it is possible to lose more than half of the vitamins in the water in which the vegetable is cooked, the amount depending upon whether the vegetable is cooked whole or in pieces, the quantity of water

used, the temperature of the water at the beginning of cooking, and the length of time of cooking.

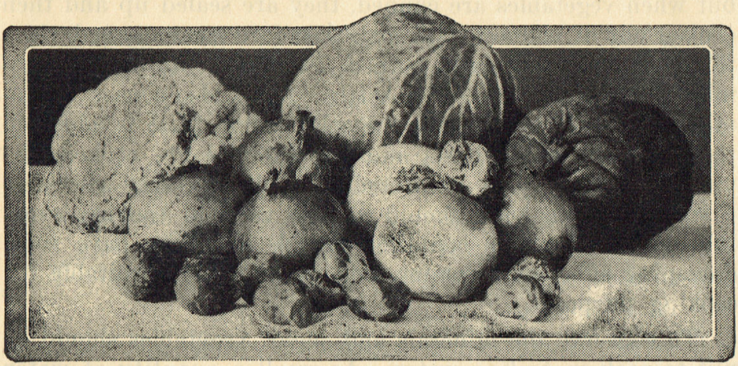
It has been believed that much of the goodness of vegetables is destroyed in the canning process. Experiments, however, seem to show that when vegetables are boiled, the oxygen of the air has a destructive influence on the vitamins; but when vegetables are canned, they are sealed up and then cooked out of contact with air; therefore some canned vegetables, at least, especially canned tomatoes, contain more vitamins than those stewed in a kettle. Acids also conserve vitamins, so that if to preserve the color lemon juice is added to the water in which beets and red cabbage are cooked, the vitamins also may be preserved. Alkalies destroy vitamins. For this reason soda should not be used in cooking vegetables. Hard water contains enough alkali to have some damaging effect on vitamins, and therefore is unsuitable for cooking purposes.

To conserve the minerals and sugar, vegetables should be put to cook in *boiling* water. As small a quantity of water should be used as will cook the vegetable without allowing it to scorch, and the cooking should be continued only till the vegetable is done.

The more of the attractive color of vegetables we can preserve, the greater appeal they will make to the eye and to the appetite. This is especially true when one is trying to teach children to eat vegetables, who often are averse to eating wholesome vegetables which they ought to eat. Try to retain the white color of onions, turnips, cauliflower, and cabbage, the green of "greens," the yellow of carrots, and the red of beets.

The white color of onions, turnips, cauliflower, and cabbage is preserved by cooking them only till they are tender. The old-fashioned way of cooking cabbage for hours with corned beef, made the cabbage almost useless as an article of diet and also very hard to digest. About twenty minutes is long enough to cook cabbage, or perhaps fifteen if the cabbage is young. Then it is attractive in color and flavor and is easily digested. A strong, unattractive flavor accompanies

the unattractive color of poorly cooked vegetables, and the digestive disturbance caused by cabbage, onions, turnips, and cauliflower is probably due to objectionable substances developed in the vegetable by too long cooking. Hard water, too, discolors white vegetables. Soft water is always better for cooking, specially for these.



Vegetables That May Be Boiled Uncovered, or Steamed
Cauliflower, white cabbage, red cabbage, onions, turnips, Brussels sprouts.

The green color of vegetables is changed to an unattractive bronze green and then to a dirty brown by too long cooking and by the presence of acid. During the first few minutes of cooking, vegetables give off a volatile acid. If this acid is kept in contact with the vegetable by cooking in a covered kettle, the pretty green color is spoiled; but if this acid is allowed to escape by leaving the kettle uncovered, the green color will not be so greatly changed. Special care is required in cooking Brussels sprouts to retain their green color, and not permit them to turn to an unattractive brown color. Cook them uncovered, and not too long. Alkali (as soda) helps preserve the green color of vegetables, but the objection to its use is that it destroys the all-important vitamins in the vegetable. Take care in cooking the vegetable, and avoid the need of using soda.

The yellow color of carrots, squash, and sweet potatoes is not easily destroyed, and we need only think of cooking them

so as to preserve the food value, baking being the best method for sweet potatoes and squash, and steaming for carrots.

The red color of beets and red cabbage is easily lost. Beets should be cooked whole, without paring or cutting them. Acids intensify the red color of vegetables and alkalies destroy it. Adding a little lemon juice to the water in which red cabbage is cooked (one tablespoon to the cup of water) helps retain the color.

The water in which vegetables are cooked should not be thrown away. It may be used in soup, or evaporated and served with the vegetable, or it may be used as a drink between meals, as fruit juice is drunk. This is a good way to add mineral matter to the diet.

POTATOES

Every one knows that the best part of the potato, the principal portion of its store of minerals and vitamins, is in the skin and just underneath it. For this reason potatoes should be cooked with their "jackets" on. And though it may be considered ill-mannered to eat baked potato skins, that is the best way to eat a baked potato. In fact, people who wish to reduce can eat potato, if they eat the skin and discard the interior of the potato.

Baked Potatoes

Scrub the potatoes with a stiff vegetable brush till they are clean enough so that the skins may be eaten. If any dirt refuses to be removed with the brush, scrape it off with a knife. Dry the potatoes and bake them in a moderately hot oven till they yield to the pressure of the fingers. Cut a cross in the side of the potato, press it to cause it to burst slightly and serve at once.

Boiled Potatoes

Potatoes for boiling should be prepared as for baking and should be put into only sufficient boiling water to cook them, and they should be boiled till they are easily pierced with a fork. Then drain them thoroughly. Then the skin can be peeled off as thin as paper, leaving practically the whole of the nutritious portion of the potato.

Mashed Potatoes

To pare potatoes and allow them to stand in water before cooking, removes the most valuable portion of the potato.

Boil the potatoes in the skins, remove the peeling quickly while keeping the potatoes hot, then mash them with a wire potato masher, or better, put them through a potato ricer, then season them with hot milk, butter substitute, and salt, and whip them light with a spoon or wire whip.

Scalloped Potatoes

Peel potatoes that have been boiled in their jackets, slice them, put them into a pan in layers, each layer sprinkled with entire-wheat bread crumbs, or crumbs of shredded wheat biscuit, and dotted with bits of butter substitute. Over each quart of sliced potatoes pour one pint of hot milk, with which one teaspoon of salt has been mixed. Bake till browned and the milk has become somewhat evaporated and thickened.

A paintbrush is a handy tool to use in brushing vegetables with cream or butter substitute before browning, or in oiling pans.

If you have a steamer or steam cooker, it is better to *steam* the potatoes than to *boil* them.

Browned Potatoes

Boil potatoes in the skins, peel them, place them on a baking pan, sprinkle them with salt, and with a paintbrush brush them over with butter substitute, and set them on the grate of a hot oven to brown. Or the potatoes may be sliced, sprinkled with salt, brushed with butter substitute, and browned on the grate of the oven.

The potato stores its mineral and vitamin wealth in and just under its skin, hence the importance of cooking it with the skin on.

Hashed Brown Potatoes

Chop cold boiled potatoes, or run them through a food chopper, using the coarsest disk. Spread them in an oiled pan, sprinkle with salt, and brush over with cream or butter substitute, and brown on the grate of a hot oven.

Sweet Potatoes

All the preceding directions for cooking white potatoes may be followed in cooking sweet potatoes.

Candied Sweet Potatoes

Boil medium to small sweet potatoes in their skins. Remove the skin, place the potatoes in an oiled pan, sprinkle with salt, brush them over with brown sugar sirup and with butter substitute, using a little more of the sirup than just enough to brush over the potatoes, let there be a little in the pan; then brown in the oven.

To make the brown sugar sirup, boil one cup brown sugar in one-fourth cup of water till the sugar is dissolved.

CARROTS

Carrots, especially the young ones, need not be pared. They need only to be thoroughly scrubbed. They may be cooked whole, or split if they are large. Put them to cook in only sufficient boiling water to cook them without scorching, and cook them only till they are tender. Either serve the juice with them, or save it for soup. Serve the carrots seasoned with salt and a little cream or butter substitute.

BROWNED PARSNIPS

Cook the parsnips according to directions for cooking carrots. Spread them in an oiled pan, brush them over with cream or butter substitute, sprinkle with salt, and brown on the grate of a hot oven.

BEETS

Wash and scrub the beets with a vegetable brush, but do not scrape or cut them. The skin must not be broken, because this would allow the sweet juice to escape. And they should not be pricked with a fork to determine when they

are done. When sufficiently cooked they will yield to the pressure of the fingers. Young beets can be boiled in one hour or less.

The best way to cook beets is to steam them, but if they are boiled, put them to cook in as little boiling water as will cook without scorching them, and there should be little water left when the beets are done. When cooked, put them into cold water, and rub off the skins with the fingers.

Slice the beets, season with salt and butter substitute, or slice them into hot water and lemon juice, equal parts, with a little sugar and salt, and serve hot. Or the beets may be served cold, after having been allowed to stand in lemon juice with a little salt.

GREENS

Greens are, from a health standpoint, the most valuable of all vegetables. There are more than a score of varieties; some of them are regarded as weeds and pests. Of the latter, the dandelion is perhaps most commonly known. Spinach, kale, Brussels sprouts, beet tops, asparagus, cabbage, and cauliflower may also be enumerated.

The green leaf is a wonderful thing. The plant sends its roots down into the soil and picks up minute quantities of mineral matter and water, and in the leaf, under the influence of the actinic rays of the sun, these dead substances are made alive. In the diet, leaves are the richest source of iron and lime and other minerals and vitamins, and they are also valuable laxatives.

It is surely a good health-sustaining practice to eat a dish of some kind of greens every day.

Greens should be carefully looked over, imperfect leaves should be rejected, and the rest washed in several waters, lifting them out of the water so as to allow the dirt and sand to settle to the bottom of the water. They should be washed in changes of water till no grit remains in the bottom of the pan after washing.

No water need be put into the kettle in which the greens are to be cooked. Enough water will cling to them to start them cooking, and when the heating begins, water is drawn

out of the leaves. Of course they should be heated carefully at first so as not to scorch them. After boiling begins, spinach should be cooked scarcely more than ten minutes. Too long cooking spoils the flavor and color of the greens and also impairs the value of their minerals and vitamins. Some of the other greens require a little longer cooking, but they should only be cooked till they are tender.

I was once trying to tell a large audience how to cook vegetables when an old man who sat down in front shouted, "Cook them, don't just wilt them!" That was the old-fashioned way, and it spoiled the digestibility and nutritive value of the vegetables. We now know that to scarcely more than wilt leafy vegetables makes them taste better and makes them better for our health.

After the greens are cooked, drain them well, but save the water to use in making soup or gravy, and season the greens with salt and butter substitute, and lemon, if desired.

Spinach, Goldenrod

Chop left-over cooked and seasoned spinach, and put it into a pan in which it will be about an inch deep.

Rub one-half cup of stewed tomatoes through a strainer to remove the seeds, mix with the strained tomato one-half cup of mayonnaise salad dressing, and spread this over the top of the spinach. Sprinkle with chopped hard-boiled egg, and put into the oven to heat through.

Spinach Loaf

- 1½ cups cooked spinach, drained dry and chopped
- 1 cup stewed tomato after draining as dry as possible
- ½ cup cottage cheese
- 1 tablespoon butter substitute
- 1 teaspoon grated onion
- 2 eggs
- 1 tablespoon vegex, herbex, or savita

Mix well. Put into oiled pan. Bake till set.

Asparagus

Asparagus seems to be among the least valuable vegetables from a health-promoting standpoint. It is low in minerals and vitamins, and instead of being highly alkaline,

as are most vegetables, it is nearly neutral. But I find it to be the most popular of all vegetables. People like the taste of it better than that of any other vegetable.

Wash the asparagus thoroughly so as to remove any sand that may adhere to it. Tie it in bunches of eight or ten stalks, with the heads even. Cut off the lower ends so that the bunches will stand upright, leaving the pieces of asparagus about four inches long, then stand them in a kettle containing boiling water, allowing the heads to be well out of the water. Leave uncovered during the first few minutes of cooking, then cover and cook till tender, which may require fifteen or twenty minutes. In this way the tips will be cooked by steam by the time the less tender portion is cooked, and will not be cooked to pieces. Add salt a few minutes before the asparagus is done. When the asparagus is tender, lift it out of the water on to a hot dish, and untie the bunches. To serve, place the stalks, tips all one way, on slices of buttered toast, and pour a bit of melted butter substitute or some cream sauce over the tips.

Asparagus Loaf, No. 1

2 cups white cracker crumbs
1 cup hot milk
2 eggs, beaten
4 tablespoons butter substitute
1 quart cooked asparagus, cut into small pieces
1 teaspoon grated onion
½ teaspoon celery salt
1 teaspoon salt

Mix, place in oiled bread tin, and bake till set. Slice, and serve with cream sauce.

Asparagus Loaf, No. 2

1 quart soft bread crumbs
½ cup butter substitute
2 cups thin cream
1 teaspoon salt
4 eggs, beaten
1 cup asparagus, cut into small pieces

Follow directions in preceding recipe.

EWING GALLOWAY, N. Y.

Harvesting a Crop of Asparagus

Asparagus With Olive Sauce

Add minced olives and chopped parsley to the cream sauce that is poured over the asparagus in the preceding recipe.

Asparagus Rarebit

1 tablespoon butter substitute
1 tablespoon flour
½ teaspoon salt
½ cup milk
½ cup cottage cheese
1 tablespoon thick strained tomato

Melt the butter and stir the flour into it. Heat the milk and stir it in, and continue to stir till thickened, then add the cheese, tomato, and salt. Place cooked asparagus on whole-wheat toast, and serve the cheese sauce over it. Garnish with parsley, if desired.

Cabbage

Cabbage is most valuable when served raw in salad. It is one of the strongest preventives of, and cures for, scurvy.

It should be appreciated for the fact that it can be had all winter when other green things are scarce or unobtainable.

Cauliflower

Cauliflower, when cooked, is more easily digested than cooked cabbage.

Cauliflower Loaf

1 head of cauliflower, cooked
1 cup milk
¼ cup flour
4 eggs
½ teaspoon salt

Divide the cauliflower into small bits. Stir the flour smooth with one-quarter cup milk, heat the rest of the cup of milk to boiling, and stir into it the flour mixture. Stir till thickened. Beat the eggs and stir the white sauce into them, then add the salt. Stir the cauliflower into this. Put into an oiled bread tin and steam, or bake in a pan of water, till firm. Slice, and serve with milk gravy.

TOMATOES

Tomatoes, along with greens and lettuce, seem to stand at the head of the list of vegetables in health-giving properties. Tomatoes seem to be valuable in the same way that oranges are valuable, and they contain twice as much iron as oranges contain. Tomatoes retain their health-giving qualities better than most other vegetables, when they are canned. For this reason canned tomatoes are a valuable addition to winter diet. The realization of the value of tomatoes in the diet has led to the putting on the market of tomato juice for beverage purposes.

Fresh tomatoes served in various ways, forms, and shapes in salad are most valuable.

To Peel Tomatoes

Pour scalding water over the tomatoes, and allow them to stand for a moment. Pour off the hot water, and pour cold water over them. After this treatment, the skins can be easily peeled off. Care should be taken to scald the to-

matoes only long enough to loosen the skin, not enough to soften the tomato. After they are peeled they should be put into the refrigerator and kept cold till serving time, or if they are to be stewed they should be cooked at once.

SQUASH

Summer Squash Cutlets

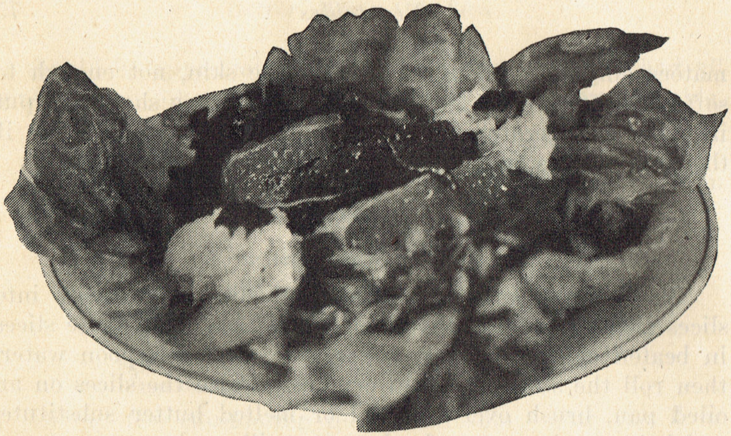
Wash young summer squash, and slice it crosswise into slices about three fourths of an inch thick. Dip these slices in beaten egg and water, one egg to one tablespoon water, then roll the slices in bread crumbs. Place the slices on an oiled pan, brush over with oil or melted butter substitute, and bake on the grate of a hot oven till tender.

Baked Hubbard Squash

Select a squash that is heavy for its size. Wash and cut into pieces of convenient size to serve. Do not peel. Steam or boil till nearly tender. Place the pieces, shell down, on an oiled pan, sprinkle with salt and brush over with cream or melted butter substitute, and bake on the grate of the oven till tender and browned. Serve plain or with cream sauce.

EGGPLANT CUTLETS

Slice the eggplant three-fourths inch thick, pare the slices, then dip the slices in beaten egg and water, roll them in bread crumbs, and lay them on an oiled pan. Sprinkle with salt, brush over with melted butter substitute, and bake on the grate of the oven till tender and browned. Serve with brown gravy.



Tropical Fruit Salad
A very refreshing salad and easy to prepare. (For recipe, see page 86.)

GOOD SALADS

AND HOW TO MAKE THEM

THE salad has been called the prince of the menu. It can be made one of the prettiest as well as one of the most tasty dishes of the meal, giving the housewife an opportunity to bring into play her artistic tastes and ability. While salads as ordinarily prepared are not classed among the most wholesome dishes, when properly prepared they may be health giving, being composed of foods that are really medicinal.

There are three ingredients in salads as I shall describe the making of them that are especially health building. One is the salad oil. Olive oil has a reputation behind it, and has been regarded for centuries as having health-giving and medicinal properties. Doctors advise patients not to eat food in which lard is used, or which are made rich with other kinds of animal fats, but they prescribe olive oil. Other vegetable oils, which cost less, seem to have equal health-giving

properties. I have been told of cures that seem remarkable, which have been effected by the use of fresh-made cottonseed oil in the South where the oil is produced. While cod-liver oil has been regarded as the most remarkable oil for its vitamin content, the vegetable oils, cottonseed oil, olive oil, corn oil, and coconut oil contain the antisterility vitamin which is not contained in cod-liver oil. In fact, there has been published the report of experiments that showed greater good resulting from the use of emulsion of cottonseed oil than from emulsion of cod-liver oil. And surely a tempting salad in which mayonnaise (an emulsion of a vegetable oil) is used is far more inviting than a dose of cod-liver oil. In the mayonnaise combined with the other ingredients of the salad, the salad oil may be so disguised as to be enjoyed by many people who have an aversion to this wholesome food. While olive oil does not seem to contain an appreciable amount of the A vitamin and none of the D, or antirachitic, vitamin, these two vitamins are contained in the mayonnaise and also in the green leaves used in the salad. So that in salad we may have all the medical properties that have been claimed for cod-liver oil, and more.

Another good thing in a salad is the lemon juice. We do not recommend the use of vinegar. Vinegar is not a food. It is a product of decomposition. It does not grow in any plant (plants are the normal food producers for the animal kingdom). You would not think of taking a nice, ripe, luscious apple, and putting it away somewhere until it was all rotten, and then eating it. But many people will take fresh apple juice, a wholesome food with medicinal properties similar to those of orange juice, and put it away until the same thing happens to it that happens to the apple; then they consider it fit to drink, when really it has become poison, and instead of being invigorating, it is intoxicating. They allow the juice to stand still longer until it turns to vinegar, then use it freely.

A French physician said that the acid of vinegar is three times as active as alcohol in producing hardening of the arteries, and that pepper is six times as active as alcohol in

this respect. Thus condiments are good to cause early aging. To grow old early one should eat plenty of vinegar, mustard, and pepper. Temperance people, church members, have been found suffering from gin liver (cirrhosis of the liver) caused by excessive use of pepper.

But salads made as we recommend, will help to postpone old age. Instead of vinegar we use lemon juice. The acid of lemon juice is a food. It is used by the body as fuel food; and when burned in the body, it leaves an alkaline ash that helps to keep up the alkalinity of the blood. Lemon juice is cleansing, and has the power to destroy disease germs. There is probably no disease germ that can live in pure lemon juice. Other fruit juices have similar power. Blueberry juice destroys the germs of typhoid fever, and apple juice destroys the germs of Asiatic cholera. Thus we see how the Creator has put health-giving properties into natural foods. Doctors and chemists have been unable to invent harmless germicides that can be introduced into the body to kill germs that are preying upon the body, but the Creator knows how to make substances that feed us and kill germs, instead of killing us as well as the germs.

Lemon juice also supplies valuable food minerals, and it is one of the strongest foods in the antiscorbutic vitamin. Thus we see that lemon juice has a number of desirable and valuable dietary characteristics, and is incomparable as a substitute for vinegar.

The third valuable thing in healthful salads is the raw food, vegetable or fruit, that is used in them. There are refreshing qualities in raw foods that are not found in cooked foods. There is a lusciousness in fresh strawberries that is entirely spoiled in cooking. There is a flavor and an aroma about raw celery that is lost in cooking. In the same way all raw foods possess something that cannot be detected by chemical test, that is dissipated by the application of heat. I wonder if this something is vitamin.

Thus, on the whole, salads are wonderful foods, supplying all the mineral salts and vitamins needed for health. Let us eat more of them. We are beyond the day when such foods

were considered rubbish in the stomach, and the only important foods were supposed to be the concentrated proteins, fats, and carbohydrates.

And we know, too, that salads and flavor fruits and flavor vegetables are of more real value than simply to supply something expensive that pleases the taste, something only the wealthy can afford, and only the "tony" (as I once heard it expressed) care for.

"Salad Making Is a Work of Art"

"A little of the idea of beauty must . . . be wrapped up in the souls" of those who would make attractive salads.

"Do not attempt to make a fancy salad in a hurry; it can't be done — that is, artistically." — *Edgewater Beach Hotel Salad Book.*

Vegetables and leaves used in salads should be fresh, crisp, and tender. Tough and bruised parts should be removed. Lettuce, celery, cress, parsley, spinach, endive, and dandelion should be washed in cold water, and placed in the refrigerator to become crisp, till serving time. When served, there should be no water adhering to them, because this would dilute the dressing used with them. It should be remembered that winter greens are raised under glass, unless they have been shipped from a distance, and should be treated as any other hothouse plant. Some kinds of lettuce are affected by a change of temperature, and will wilt as quickly as delicate flowers.

To prepare lettuce for garnishing salads, with shears cut out the tough lower part of the midrib of the leaf. Vegetable salads may be garnished with lettuce, parsley, beets cut in various shapes, olives, tomatoes cut in different ways, nuts, slices of lemon, radishes cut in the shape of tulips or in slices.

Fruit salads may be garnished with parsley, lettuce, nuts, sections of orange from which the rind has not been removed, nasturtium leaves and flowers, pansies, sweet peas or other flowers, and smilax. A pretty way to serve a fruit salad is to put it into a sherbet glass, set the glass on a small paper

H. A. ROBERTS

The Queen of the Kitchen Plying Her Art

doily on a salad plate, and lay a wreath of smilax around the glass on the doily.

To prepare oranges and grapefruit for salad, pare them as you would pare an apple, removing all the white skin on the outside of the fruit. Then by cutting with a sharp knife on each side of the membranes that separate the sections, remove the sections free from membrane, then cut the sections into small pieces.

When apple or banana is used in salad, the dressing should be made first, and the apple or banana cut into it, to prevent it from turning dark from standing exposed to the air after being cut; or, if the apple or banana is not to be mixed with a dressing, it may be dipped into lemon juice to prevent its darkening.

Salads should always be served cold. The green salad plants lose their crispness by standing in the dressing, therefore the dressing should be added to green vegetables just before serving, or the dressing may be passed at the table.

Left-over cooked vegetables may sometimes be utilized in salads. With salads of this kind it is well to mix the dressing, and then allow the salad to stand in a cold place for an hour before serving, so that the ingredients will become seasoned with the dressing.

The ingredients of a salad should not be carelessly put together as hash is mixed, but should be gently "tossed together" with as little handling as possible.

The most attractive salads are made, not by mixing the ingredients together, but by building the salad on the plate on which it is to be served, the dressing being served separately.

The dish in which a vegetable salad is made may be rubbed with a cut onion, or with the cut end of a clove of garlic, to give a delicate flavor.

For mild-flavored dressing some other kind of oil than olive may be used.

Mayonnaise Salad Dressing

1 egg yolk
1 teaspoon flour
1 cup salad oil
3 tablespoons lemon juice
1 teaspoon salt

Put the egg yolk, lemon juice, and flour into a small bowl. Beat with a Dover egg beater till well mixed, then pour about one-half teaspoon of oil in at the side of the bowl, and beat with the egg beater in such a way as to draw the oil gradually into the egg mixture. When the oil is well beaten into the yolk, pour in another half teaspoon of oil and beat

it in. As the process goes on, a larger amount of oil may be poured in at a time. Continue till the dressing becomes as thick as it is liked, using more oil to make it thicker or less to make it thinner. Then beat in the salt.

The flour may be omitted, but it helps the egg yolk to take up, or emulsify, the oil.

It is convenient for two people to work together in making this dressing, one person pouring in the oil slowly while the other person beats.

Success in making mayonnaise depends upon adding the oil slowly, especially at first.

This dressing will keep a week or more in a cold place, therefore when making it, it is well to make as much as would be needed for a week. In making a larger amount of mayonnaise, it is more economical in eggs to use the whole egg instead of using only the yolk, because while one egg yolk will take up about one cup of oil, one whole egg will take up about three and one-half cups of oil.

French Dressing

½ cup salad oil
2 tablespoons lemon juice
½ teaspoon salt

Put these ingredients into a bowl, and set the bowl in the refrigerator till the liquids are chilled. Just before serving, beat with an egg beater till white and creamy and somewhat thickened. Pour over the salad, and serve at once. This dressing separates on standing, which is the reason for making it just before it is served. Use only as much French dressing on a salad as the ingredients will take up, not enough so that any will drain out of the salad into the bottom of the bowl or onto the plate on which the salad is served.

Cream French Dressing

½ cup French dressing
3 tablespoons cream

Immediately after making the French dressing, mix the cream with it, and serve at once.

Either plain or cream French dressing is nice to serve with lettuce, sliced tomatoes, or sliced cucumbers.

A Cooked Dressing

1 egg	⅓ cup lemon juice
1½ tablespoons sugar	¾ cup oil
1½ teaspoons salt	1 cup water
⅛ teaspoon paprika	4 tablespoons cornstarch

Break the egg into a small mixing bowl, then put in the sugar, seasonings, lemon juice, and oil, but do not stir.

Stir the cornstarch with one-fourth cup of the water. Put the remaining three-fourths cup of water on the stove to heat in a small saucepan. When this water boils, stir into it the cornstarch mixture, and stir till it becomes clear and thickens. Then turn this hot mixture into the bowl with the other ingredients, and beat with a Dover egg beater till well mixed. Cool before serving.

This makes a nice-tasting substitute for mayonnaise.

Greek Salad

On a bed of lettuce on a salad plate place a quantity of finely shredded cabbage, mixed with young raw carrot cut in matchlike pieces. Over this mixture sprinkle grated onion. Over this place slices of tomato and thin rings of sweet pepper. On the top, place sprigs of water cress. Over all pour enough French dressing to run down through the salad and moisten it, without leaving an excess of the dressing on the plate. Around the salad place ripe olives.

Raw Spinach Salad

Wash young, tender spinach, and serve with French dressing, cream French dressing, or mayonnaise. The spinach may be cut up if desired, or chopped.

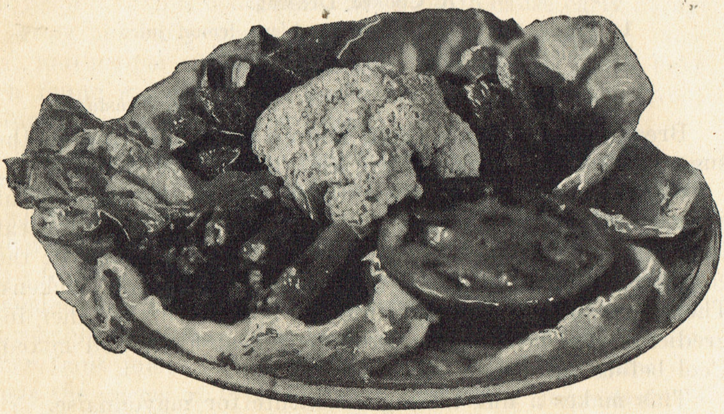
Raw Carrot Salad

Grate, or grind fine, young raw carrots. Mix with chopped pine nuts or peanuts. Serve with French dressing or mayonnaise.

Cabbage and Water Cress Salad

Mix a very little grated onion and a little chopped sweet pepper with chopped cabbage. Add mayonnaise dressing. Arrange a border of water cress on a salad plate, and in the center place the cabbage mixture.

Cabbage and water cress make an enjoyable blend of flavors.



A Mixed Vegetable Salad
Made with cauliflower, tomato, beets, string beans, and asparagus.

Mixed Vegetable Salad

Grind young raw carrots, turnips, cabbage, sweet pepper, onion, and radishes through the food chopper, using the finest cutter. Mix with mayonnaise. Serve on lettuce.

Raw Beet and Carrot Salad

1 cup grated young carrot
½ cup grated young beet
⅓ cup mayonnaise

Mix, and serve on lettuce.

Raw Spinach and Carrot

½ cup raw spinach, measured after chopping fine
1 cup grated raw carrot
⅓ cup mayonnaise

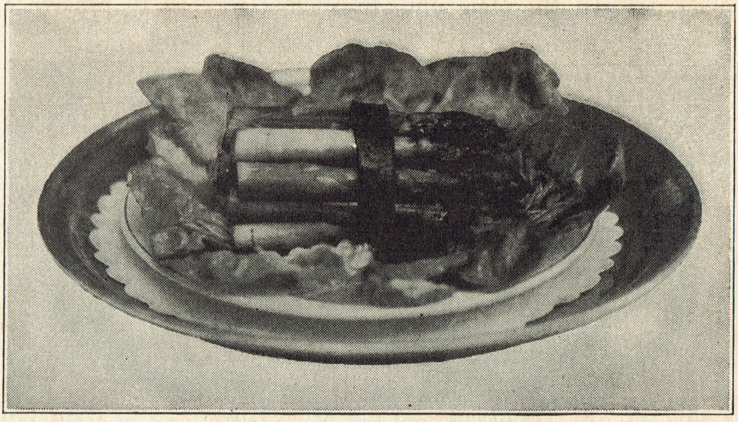
Mix, and serve on lettuce.

Ambassador Salad

On a salad plate place a slice, shaped like a grapefruit section, from a head of Iceberg lettuce, a piece of celery, a strip of cucumber (the cucumber cut in thin strips lengthwise and three inches long), a piece of French endive, a sprig of water cress, and a few thin slices of radish. Serve with French dressing.

Asparagus in Red Pepper Ring

Cut thin rings of red sweet peppers. Inclose bunches of cooked asparagus in the rings, and place on lettuce, pour over the asparagus a mixture of equal parts of French dressing and chili sauce.



Asparagus in Red Pepper Ring

Cabbage, Pepper, and Carrot Salad

Grind the vegetables through a food chopper, and measure after grinding.

- ½ cup cabbage
- ¾ cup carrot
- ¼ cup sweet pepper
- ⅓ cup mayonnaise

Mix, and serve on lettuce.

Egg, Cabbage, and Sweet Pepper Salad

- 1 cup chopped cabbage
- 2 hard-cooked eggs, chopped
- 2 tablespoons chopped pepper
- ⅓ cup mayonnaise

Mix, and serve on lettuce.

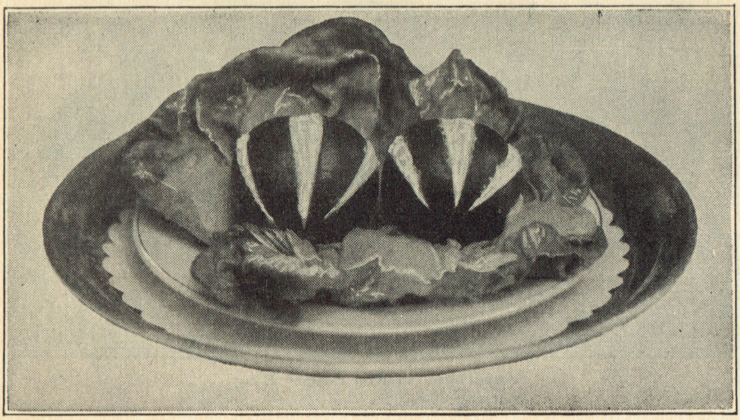
Columbia Salad

Grind fine through a food chopper raw carrot, radish, and onion. Add celery and pecan nut meats cut fine, and cooked

mushrooms, if desired. Mix with mayonnaise and serve on a bed of lettuce.

Tomatoes Stuffed With Cheese

Scald and peel firm tomatoes. Lay a tomato, stem end down, on a plate. Cut two slits from the top of the tomato down toward the stem end, in such a way as to remove a



Tomatoes Stuffed With Cheese

wedge-shaped piece. Then cut out similar wedge-shaped pieces from the sides of the tomato midway between the bottom of the tomato and the opening made in the top of the tomato. Fill these openings in the tomato with wedge-shaped sections of cottage cheese. Place on lettuce and surround with dots of mayonnaise.

Peach Salad

Pare large ripe peaches. Halve, and remove the stones. Place on lettuce, fill cavities with red raspberries, and serve with whipped cream.

Tropical Fruit Salad

On a salad plate garnished with lettuce, place a slice of pineapple cut in two, the round sides turned toward each other. On top of the pineapple place alternate small sections of orange and grapefruit. Down the center place a thin strip

of pimiento. Place a rosette of cottage cheese at each side, in the hollow of the slice of pineapple, and on top of each rosette place a little diamond cut from orange rind. Place sprigs of water cress at the other sides of the salad between the ends of the half slices of pineapple.

Serve with the salad either French dressing, mayonnaise, or whipped cream.

Banana and Pineapple Cocktail

Peel a fully ripe banana and scrape off the coarse threads. Dice, and sprinkle with lemon juice, so that it will not darken. Add diced pineapple and put into sherbet glasses. Sprinkle with powdered sugar, and garnish with preserved cherries and strips of angelica, the angelica stuck up in the top of the salad.

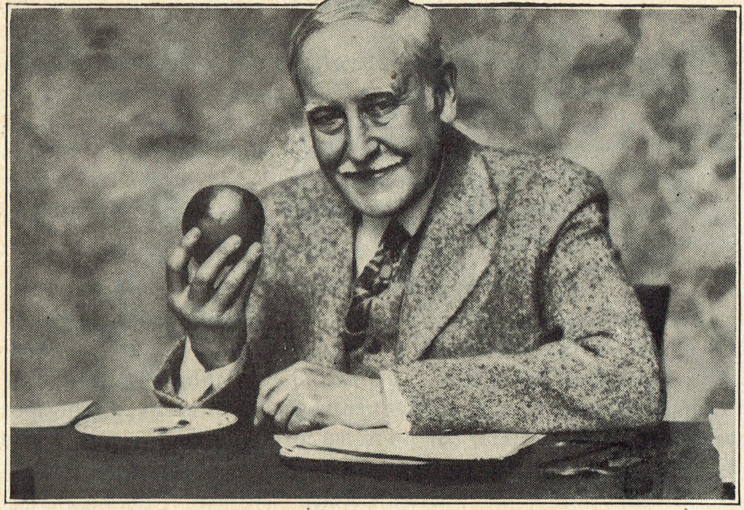
Fruit Cocktail

1 cup diced apple	2 teaspoons lemon juice
1 cup diced orange	1 drop wintergreen flavor
1 cup diced pineapple	2 or 3 drops cherry flavor

Mix, and place in cocktail glasses or sherbet glasses. Set in the refrigerator to chill. Just before serving, sprinkle with powdered sugar, and place a spoonful of whipped cream on each, with cross of red and green candied cherries on top of the whipped cream. To make this cross, cut a red cherry and a green cherry (preserved) in thin strips. Place a strip of red cherry on the whipped cream, and across this place a strip of green cherry.

The following combinations make appetizing salads. The fruit is cut in dice, the nuts are cut in small pieces. After draining off the juice, the mixture is combined with equal parts of whipped cream and mayonnaise or with whipped cream alone. The salad is served either in sherbet glasses or on lettuce.

Grape, apple, and pecan nut (California grapes, stoned)
Orange, celery, and date
Apple, pineapple, and fig
Apple, celery, and date
Strawberry and pineapple
Apple, celery, and pimiento
Grape, pineapple, and fig
Grape, celery, and date



H. A. ROBERTS

"An Apple a Day Keeps the Doctor Away"

FRUITS

FRUITS are not only the most delicious of foods, but in them the Creator has stored valuable medicinal and healing properties. Fruits, being alkaline-ash foods, help to neutralize body wastes; to increase vigor and vitality; to protect from deficiency diseases, as scurvy, beriberi, rickets, and tooth decay; and to protect against rheumatic, arthritic, and neuritic conditions. Fruits also have valuable laxative properties.

Ripe fruits require little work on the part of the digestive organs. Their nourishment is largely in the form of predigested sugar. The acids of fruits are effective germicides, as well as nourishing.

Fruits are valuable sources of all the necessary minerals, though not so rich a source of these as are vegetables; for instance, strawberries, the fruit richest in iron, contains less

than one fourth as much as does spinach; and tomatoes, which are commonly believed to be rich in iron, contain only one eighth as much as spinach contains. Of course, the dried fruits are higher in iron, dried prunes and figs and dates containing almost as much iron as does spinach, and raisins containing two thirds as much. Ripe olives, which are not often thought of as fruit, contain almost as much iron as do prunes.

E. J. HALL

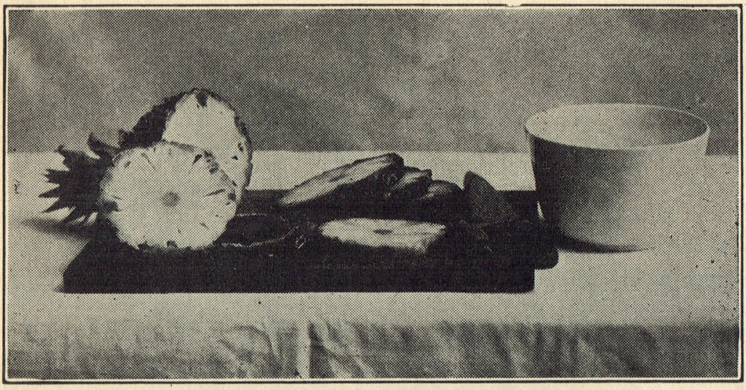
"Health Protectors"— Eat More of Them

Fruits, with the exception of dried fruits, are notably low in lime; but nuts, which seem to be a natural accompaniment of fruits, being, in fact, fruits themselves, are rich in lime. Dried figs are a notable exception, containing more lime than milk contains, which is practically the most valuable source of lime in the diet. Olives contain three fourths as much lime as do figs, and about the same quantity as milk contains.

"An apple a day keeps the doctor away," need not be confined to apples; oranges and orange juice are also valuable, and are important in the diet of older people as well as in that of children and babies.

To give the greatest benefit, fruits should be eaten raw. They should be carefully washed, to minimize the danger from germs they may carry on the outside.

Fruits are nature's predigested and naturally cooked food,— cooked in the sun,— ready to eat, and at their best eaten raw.



The Proper Way to Prepare Pineapples

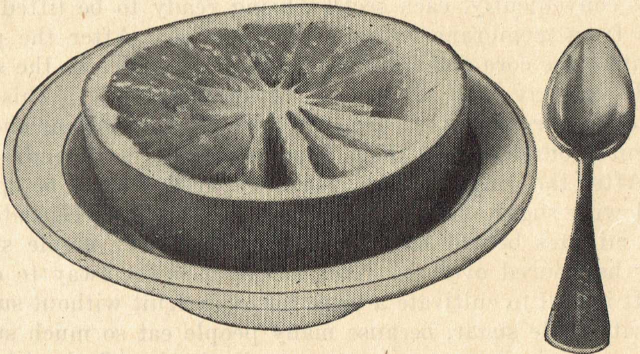
Apple juice has been very poorly appreciated as a food drink; but fresh apple juice is one of the best of all fruit juices, even better than grape juice, the malic acid which it contains being of greater value than the tartaric acid of grapes. Apple juice is laxative, and of value in maintaining the alkalinity of the blood. It is good to combat arthritic and rheumatic conditions.

Contrary to common opinion, the lemon also is valuable in these conditions. It does not increase the acidity of the blood, but has the opposite effect, on account of the large amount of potassium it contains. This is, at least, one reason why lemonade is good for colds.

"If properly handled, the lemon is a splendid keeper; its rind is so leathery that it is able to travel to any of the great markets. If its rind has not been injured, it will keep indefinitely, and finally shrivel up without decaying."

Fruit juices are nature's predigested foods, their nourishment being in the form of sugar that is completely digested.

The pineapple as we get it in Northern locations, being picked when green, is rather indigestible, and far different from the luscious fruit it is when allowed to ripen before



Grapefruit Ready to Serve

picking. But it is interesting and valuable to know that canned pineapple, which is canned where the pineapple grows, is valuable for its vitamins, and it is much more digestible than the fresh pineapple as we get it.

Canned pineapple juice is now obtainable, and it is valuable as an alkalinizing drink.

To Prepare Pineapple for Serving

Wash the fruit, then slice it. Pare the slices only thick enough to remove the skin, then go over the slice a second time to cut out the "eyes." If the slice is pared thick enough to remove the eyes, much of the pineapple is wasted. Cut the slices into small pieces, rejecting the core. Sprinkle with sugar, about one-fourth cup of sugar to a pint of pineapple, and allow to stand in the refrigerator an hour or overnight.

To Prepare Grapefruit for Serving

Wash the grapefruit, and cut it in two crosswise. With a grapefruit knife dig out the seeds, then insert the knife

between the pulp and the membrane near the core, and cut entirely around and under that half section (which can be conveniently done with the crooked knife), separating it from the membrane and skin that surrounded it, but leaving it in place. Do the same with the next half section, and continue till all the half sections have been treated in the same manner. This half grapefruit is then ready to be eaten very conveniently, each section being ready to be lifted out free from membrane with the fruit spoon. After the pulp is eaten, the core and membrane are left in place in the skin.

If you have one of the new "grapefruit corers," this can be used to remove the core, after which the sections should be cut around to free them from membrane and rind.

After the grapefruit has been prepared, it may be sprinkled with sugar, and allowed to stand in the refrigerator a few minutes before serving, or grape juice or maple sirup may be poured over the fruit before it is set away to cool.

It is well to cultivate a taste for grapefruit without sugar, or with little sugar, because many people eat so much sugar with grapefruit as to counteract all the benefit healthwise that they might receive from the fruit.

Canned grapefruit juice is now on the market, and is a health-giving drink.

Brown Betty in a Glass Casserole, Ready to Bake

SIMPLE DESSERTS

THAT EVERY HOUSEWIFE SHOULD KNOW

Of course the simplest desserts are those which are provided by nature, and which need no cooking, as a dish of honey, a piece of maple sugar, bread and molasses, nuts and raisins, nut and raisin marmalade, stuffed dates, date and coconut balls, steamed or stewed figs, fresh fruit with or without cream, or stewed fruit.

The date and coconut balls are made by grinding stoned dates and shredded coconut together through a food chopper, using about three parts of dates to one of coconut, then rolling the mixture into balls the size of small walnuts.

Following are recipes for some simple cooked desserts:

Brown Betty

1 quart chopped apples	1 tablespoon lemon juice
1 pint raisins (1 cup will do)	¼ teaspoon salt
½ cup sugar	1 cup Zwieback crumbs

Spread half the raisins over the bottom of a pudding dish, and cover the raisins with half the chopped apples. Sprinkle over the apples half the sugar and half the crumbs. Sprinkle over this the rest of the raisins; and spread the remainder of the apples over the raisins. Sprinkle on the rest of the sugar and crumbs. Add the salt and lemon juice to one and one-half cups water, and pour this over the top of the pudding. Set the pudding in a pan of water, cover, and bake one hour or longer. Remove from the pan of water, and bake without the cover long enough to brown the top slightly. Serve with vanilla sauce.

Prune and Raisin Whip

Soak a pint of prunes overnight, after washing them in cold water. In the morning put them to cook in the water in which they soaked, and stew them slowly for two hours or longer, allowing the juice to boil down till it is thick and rich. Stew one cup of raisins in water enough to cover them, till they are tender.

Rub a sufficient quantity of the prunes, after removing the stones, through a colander to make one cup of prune pulp. Rub a sufficient quantity of the stewed raisins, without the juice, through a colander to make one cup of raisin pulp. Mix the raisin pulp with the prune pulp, add a few grains salt, one-fourth cup sugar, and one-half teaspoon vanilla. Beat two egg whites stiff. Beat the prune and raisin pulp into the beaten egg whites, and continue to beat till the mixture is light and stiff.

Sago Pudding

1 quart water
½ cup brown sago
⅛ level teaspoon salt
⅔ cup sugar
½ cup dates stoned and cut into small pieces, or raisins
1 tablespoon lemon juice

One-fourth cup walnuts may be added, if desired, or three-fourths cup blueberries may be used instead of the dates or raisins.

Soak the sago in one cup of the water for one-half hour. Heat the remainder of the water to boiling. and stir into it

the soaked sago, the sugar, and the salt. Cook in a double boiler, stirring occasionally, till the sago is transparent, which will require about twenty minutes. Then stir in the lemon juice and fruit. Serve either warm or cold with cream.

Fine tapioca is often sold under the name of sago; but real sago is different, and has a different flavor. It is called "brown sago." It is made from the sap of an East Indian tree, while tapioca is made from a root that grows in the West Indies.

Sago Cream

- ¼ cup brown sago
- 2½ cups milk
- ⅓ cup strained honey
- ¼ teaspoon salt
- ½ teaspoon vanilla

Mix together all the ingredients except the vanilla and honey, and let stand one-half hour. Then put to cook in a double boiler. Stir frequently, cooking till the sago is transparent, which will require from one half to three quarters of an hour. Remove from the fire and stir in the vanilla and honey. Serve cold in dessert glasses or dessert dishes, with a bit of bright jelly or bits of broken nut meats on top of each serving.

Grape Sago

- 1½ cups cold water
- 1½ cups grape juice
- ½ cup sugar
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- 1 cup brown sago

Mix together all the ingredients except the sago, and heat to boiling in a double boiler. Stir in the sago, and stir every two or three minutes till the sago does not settle to the bottom, then continue the cooking till the sago is transparent, which will require about one-half hour. Stir well. Turn into dessert glasses or dishes, and when cold, serve with cream.

Strawberry or Pineapple Tapioca

- ¼ cup minute tapioca
- 2 cups water
- 1 pint fresh strawberries or diced fresh or canned pineapple
- ¼ teaspoon salt
- ⅔ cup sugar

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HELPING MOTHER MAKE THE GOODIES

Heat the water to boiling. Sprinkle in the tapioca and cook in a double boiler, stirring occasionally, till the tapioca is transparent, which will require from twenty to thirty minutes. Stir in the sugar. Partially cool, then carefully stir in the fruit. Serve cold with cream or whipped cream.

Apple Tapioca

2 quarts pared, quartered, and cored apples
Grated rind of ½ lemon
1 tablespoon lemon juice
1½ cups sugar
¼ cup minute tapioca
2 cups water

Heat the water to boiling with the salt and one-half cup sugar. Stir in the tapioca and cook in a double boiler, stirring occasionally, till transparent. While the tapioca is cooking, put the prepared apples into the pan in which the pudding is to be made, sprinkle over them the lemon juice, lemon rind, and one cup sugar, and put them into the oven to bake. When the tapioca is transparent and the apples are tender, pour the tapioca over the apples, and allow the whole to bake long enough for the tapioca and apples to boil up together. Serve warm or cold with cream or whipped cream.

Fig Tapioca

¼ cup minute tapioca
2 cups water
⅓ cup brown sugar
1½ cups fig marmalade
Juice ½ orange
½ teaspoon lemon flavoring
Grated yellow rind of ½ orange
A few grains salt

Grate the orange rind very lightly so as to remove none of the white part of the rind, only the yellow part.

Heat the water to boiling. Stir in the tapioca, and cook in a double boiler, stirring occasionally, till transparent. Then stir in the salt, sugar, fig marmalade, orange juice, and flavoring. Serve cold with cream.

To make the fig marmalade, either steam the figs, or soak them overnight in only enough cold water to cover them,

then bring them to a boil and boil ten or fifteen minutes, then grind them through a food chopper, using the fine cutter.

Honey Custard

1¾ cups milk
⅓ cup strained honey
2 eggs
½ teaspoon vanilla
Or ¼ teaspoon vanilla and ¼ teaspoon maple flavoring
A few grains salt

Heat the milk. Beat the eggs and beat into them the honey, flavoring, and salt, then stir into them the hot milk, and beat well together. Pour into custard cups, set the cups in a pan of hot water, and bake till the custard is just set. To test the custard, dip a clean silver knife into hot water, then run it into the custard. If the knife comes out clean the custard is done.

Be very careful not to overbake custard, because that will cause it to whey. Watch it carefully, and remove it from the oven just as soon as it is set.

Honey Rice Pudding

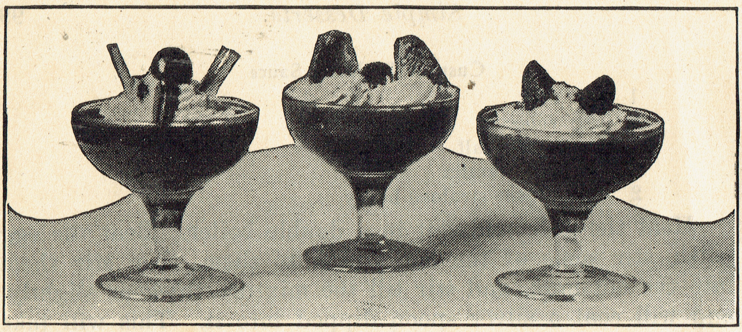
1 pint milk
½ cup natural brown rice
A pinch of salt
¼ cup strained honey
½ teaspoon lemon or vanilla flavoring

Put the rice, milk, and salt into a double boiler, and cook one and one-half hours; then stir in the honey and flavoring. Serve either warm or cold.

Honey Tapioca Pudding

1 pint milk
¼ cup minute tapioca
A few grains salt
½ teaspoon lemon or vanilla flavoring
¼ cup strained honey
1 egg

Heat the milk in a double boiler, stir in the tapioca and salt, and cook twenty minutes, stirring frequently. Mix two tablespoons of this mixture with the slightly beaten egg yolk. Return to the double boiler, and cook till mixture begins to thicken a little. Remove from the fire and add honey and flavoring, then fold in the stiffly beaten white of the egg.



Gelatin Desserts With Decorations Set in Whipped Cream

GELATIN DESSERTS

VEGETABLE gelatin possesses some qualities that make it superior to animal gelatin in making gelatin desserts. Animal gelatin is refined glue, made from hoofs, horns, hides, eyes, and other parts of an animal's carcass that you would think surely would not be used for food. Animal gelatin has some nutritive value. It is an incomplete protein. It does not contain all the necessary building stones for building body tissue. That gelatin may be of value, the missing building stones must be supplied in some other food. It is interesting to know that oatmeal, which itself does not supply complete protein, provides what is lacking in animal gelatin.

Vegetable gelatin is agar prepared from a Japanese seaweed. It is really not gelatin, but a form of cellulose. When it is boiled, it dissolves, and when it cools, it solidifies; therefore it can be used like gelatin in making desserts.

Agar is put up for use as vegetable gelatin by some health food companies, in packages containing about one ounce. The package contains a little recipe book telling how to use the gelatin in making desserts. Agar is also sold by drug stores in four-ounce and one-pound packages.

To prepare the gelatin for use, soak it in hot, but not boiling, water for half an hour or longer, using about a quart of water for a tablespoon of the gelatin.

People seem to prefer gelatin desserts made too soft to mold, but served in sherbet glasses. An advantage in using vegetable gelatin is that it solidifies quickly. Vegetable gelatin desserts solidify quickly in a cold place.

Orange Jelly

¾ cup orange juice
About 1 teaspoon of the grated yellow part of the orange rind
¾ cup cold water
3 tablespoons lemon juice
¾ cup sugar
A few grains salt
1 tablespoon vegetable gelatin
1 cup hot water in which to dissolve the gelatin

While the gelatin is receiving its preliminary soaking and draining, mix together the orange juice, orange rind, cold water, lemon juice, salt, and sugar. Turn the soaking gelatin into a strainer to drain off the water, and put the drained gelatin to cook in the one cup of hot water. Boil it till it dissolves, which will require only a few moments' boiling, then strain the dissolved gelatin into the other ingredients. Strain again to remove the orange rind. Turn into glasses and set away to cool.

Gelatin served in glasses can be decorated very prettily with preserved red and green cherries, nuts, angelica, citron, strawberries (whole or cut in half), thin sections of orange, or fresh raspberries. Perhaps the reader can think of other pretty decorations. In using these decorations, whipped cream is placed on top of the glass of jelly and the decorations are arranged on the cream.

Grapefruit Jelly

½ cup grapefruit juice
1¼ cups water
1 cup sugar
2 tablespoons lemon juice
A few grains salt
1 tablespoon vegetable gelatin
1 cup boiling water in which to dissolve the gelatin

While the gelatin is receiving its preliminary preparation of soaking, mix together the grapefruit juice, water, sugar, lemon juice, and salt. Use a lemon drill, or a grapefruit drill, which is larger, to obtain the grapefruit juice. Both the grapefruit juice and the lemon juice should be strained before using. After draining, boil the gelatin in the one

Agar in Three Forms

In bulk, as sold in drug stores (large packages), and specially prepared for use as gelatin (small package).

cup of water till it dissolves, then strain it into the remaining ingredients. Mix well and pour into glasses, and set away to cool. Serve with whipped cream or lemon custard sauce.

Loganberry Jelly

1 cup loganberry juice
¾ cup cold water
3 tablespoons lemon juice
¾ cup sugar
A few grains salt
1 tablespoon vegetable gelatin
1 cup boiling water in which to dissolve the gelatin

Loganberry juice can be bought in bottles, or the juice may be drained from canned loganberries.

Follow directions given for the preparation of the other jellies.

Strawberry Jelly

1¾ cups crushed strawberries
2 tablespoons lemon juice
¾ cup sugar
A few grains salt
1 tablespoon vegetable gelatin
1 cup boiling water in which to dissolve the gelatin

Prepare according to previous directions. When ready to serve, decorate with whipped cream and strawberry halves.

Apricot Jelly

Use canned apricots in the recipe for strawberry jelly, using the apricots and some of the juice in place of the crushed strawberries. Leave the apricot halves whole.

Cherry Jelly

Make like apricot jelly, using canned cherries and stoning the cherries.

Raspberry Jelly

Use crushed raspberries in the strawberry jelly recipe. or use raspberry juice in the loganberry jelly recipe.

Then pour in the cold water, all at once, and stir till the dough is just stuck together. Much mixing makes the pie crust tough.

Put some flour on the bread board, take half the dough and put it in the flour on the board, sprinkle flour over the dough, pat it into a ball, then begin to roll it with a rolling pin. Roll very lightly at first, and always from the center toward the edge of the dough. Make the strokes on such parts of the dough as will keep it in as nearly a circular form as possible.

The thinner the crust is rolled, the better the pie. Do not try to turn over pie dough that is made with oil. It cannot be done. Keep rolling the dough, leaving it in the same place, till it is as thin as it should be and of the right shape. To get the crust onto the plate after it is rolled, run a spatula or limber-bladed knife under the crust to loosen it from the board; double it over, lay it over one half of the plate, and then unfold it. Press it close to the plate in the angle between the side and bottom of the plate. Cut off even with the edge of the plate. The crust which is trimmed off may be pressed into a ball with the rest of the dough, to be rolled out for the next crust.

Pie Crust Made With Solid Vegetable Fat

2 cups sifted pastry flour
¼ teaspoon salt
½ cup solid vegetable fat
¼ cup cold water

Stir the salt into the flour, and with the fingers rub the fat into the flour till a mealy mixture is made; then stir in the cold water, stirring only enough to form a dough. Follow directions in the preceding recipe, but less flour is needed on the board.

Bake the crust for a one-crust pie on the *bottom* of an inverted pie tin. After the crust is baked, lay another pie tin over the baked crust, turn right side up, remove the tin on which the crust was baked, and you have the crust lying in the other tin ready to be filled.

Our Best Lemon Pie

2/3 cup sugar
1 1/3 cups water
5 tablespoons cornstarch
A few grains salt
3 egg yolks
1/4 cup lemon juice

MERINGUE

Whites of 3 eggs
1/3 cup sugar

Boil the sugar and water. Mix the cornstarch, lemon juice, a little grated lemon rind, and salt, and stir into the boiling water and sugar. When thick, remove from the fire. Beat the egg yolks and stir some of the hot mixture into them; then stir them into the hot mixture. Pour into a baked pie shell, and cover with the meringue, made by beating the whites stiff and then beating in the sugar. Brown slightly in a moderate oven. If you wish to have the pie a little stiffer, use six tablespoons cornstarch. The pie will stand up better, but does not taste quite so nice as when it is softer.

Remember that all measurements in these recipes are level; cut off with a knife level with the top of the spoon or cup.

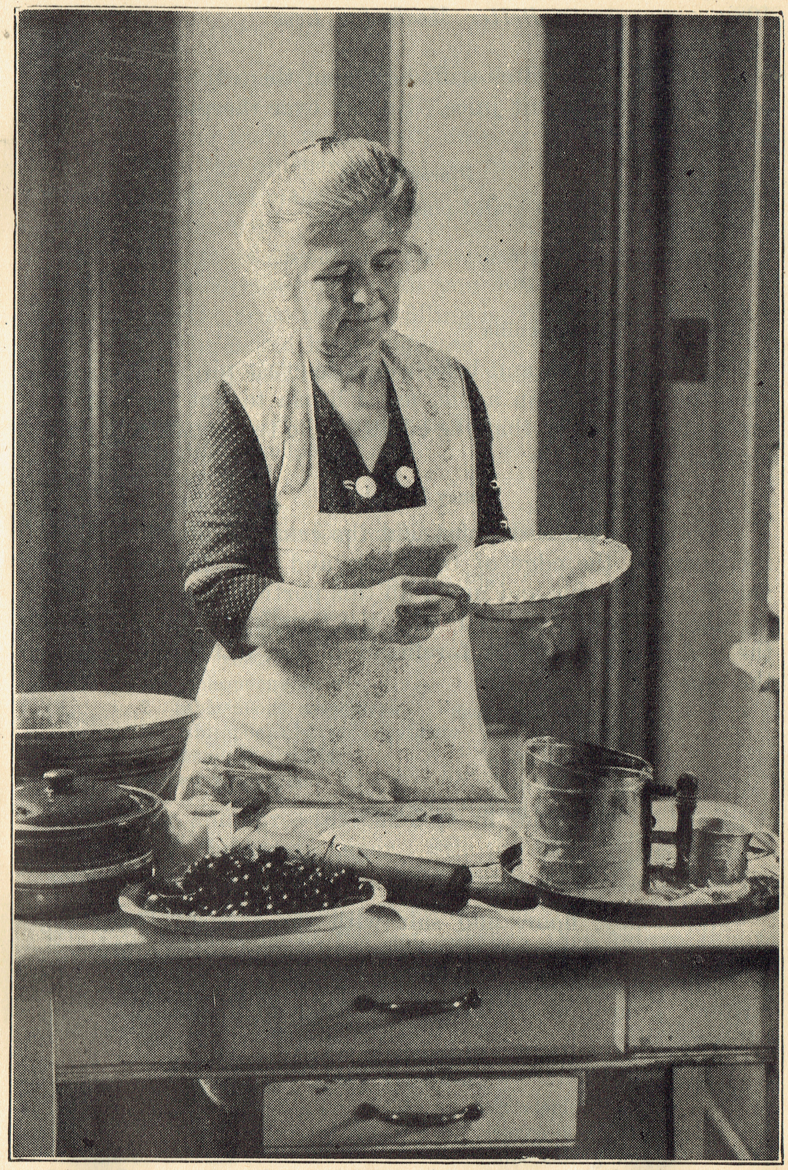
Grapefruit Pie
(Better than lemon.)

1 cup water
1 cup sugar
3 tablespoons cornstarch
A few grains salt
3/4 cup grapefruit juice
2 egg yolks

MERINGUE

2 egg whites
1/4 cup sugar
1 1/2 teaspoon grapefruit juice

Boil the sugar, water, and one-half cup of the grapefruit juice. Mix the cornstarch and salt with one-fourth cup of the grapefruit juice, and stir into the boiling water and sugar. When thick, remove from the fire and add the egg yolks, first stirring some of the hot mixture into them. Pour into a baked pie shell.



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A KITCHEN MASTERPIECE IN THE MAKING

Beat the egg whites stiff, beat into them the sugar, then beat in the grapefruit juice. Spread over the pie and brown in the oven.

Pineapple Pie

1 pint can of grated pineapple
½ cup sugar
2 tablespoons flour, mixed with the sugar
A few grains salt
2 eggs, beaten
½ teaspoon vanilla

Mix ingredients and bake as a two-crust pie. When putting the top crust on a pie, use a brush to wet the edge of the bottom crust, so that the edges of the two crusts will stick together.

Honey Squash Pie

Line a pie tin with crust, cut the crust off about one-half inch beyond the edge of the plate, and with floured thumb and fingers, double and pinch up this portion to make a built-up edge. Then, if desired, with the thumb and forefinger of the right hand and the forefinger of the left hand, scallop the edge.

1 cup mashed squash
½ cup honey
1 tablespoon flour
A few grains salt
1 tablespoon butter substitute
1¼ cups milk
2 eggs
1 teaspoon mace

Mix honey, flour, and salt with the squash. Beat the eggs and stir them in. Heat the milk, and thoroughly mix it with the remaining ingredients; also add the mace and butter. Pour into the crust, and bake in a moderate oven till set.

Blueberry Pie

¾ quart blueberries
Scant ½ cup sugar
A few grains salt
2½ tablespoons cornstarch
1 teaspoon butter substitute

Mix the sugar, cornstarch, and salt; then stir this mixture into the blueberries.

Line a pie plate with crust, cutting it off even with the edge. Pour the blueberry mixture into the crust. Roll out the top crust, and make a few small holes in it. Wet the edge of the bottom crust. Put on the top crust, trim it off even with the edge of the plate, and pinch the edges together. Bake in a moderate oven until you can tell by the looks of the holes in the crust that the filling is boiling slightly. Fruit pies should be baked in a moderate oven. If baked in a hot oven, the filling will boil out of the pie.

Raspberry Pie

¾ quart raspberries
⅔ cup sugar
¼ cup flour

Follow directions for making blueberry pie.

Butterscotch Pie

1 pint water
¾ cup dark brown sugar
3 egg yolks
4 tablespoons flour
2 tablespoons cornstarch
2 tablespoons butter substitute
1 teaspoon vanilla
A few grains salt

Put one and three-fourths cups of the water on the stove to boil with the brown sugar. Stir the flour and cornstarch smooth with one-fourth cup cold water, and stir it into the boiling water and sugar. Beat the egg yolks slightly, and stir into them some of the hot mixture, then return this to the hot mixture, and allow to heat for a moment on the stove; then add the butter, vanilla, and salt. Pour into a baked pie shell.

Meringue

3 egg whites
⅓ cup sugar

Beat the egg whites stiff, then beat into them the sugar. Spread over the pie, and brown on the grate of the oven.

Tea and Coffee Are Used to Relieve Headache, but They Prevent Sleep

"THE CUP THAT CHEERS"

The title, "The cup that cheers, but not inebriates," has for many years been given to tea. Tea may not make a person drunk so that he staggers, as whisky will do, but it does affect a person mentally in somewhat the same way that alcoholic drinks affect one. That is the reason a cup of tea cheers. It affects the fatigue center of the brain, and makes the drinker feel rested, when he is really in need of rest. This is the reason why a cup of tea makes a woman who gets up tired on Monday morning, feel rested and equal to the doing of a washing which without the tea she would feel too tired to do. Thus tea enables a person to go beyond the limits of safe exertion. Recklessness, too, in feeling and action, logically follow the unnatural feeling of well-being that results from the use of tea and coffee.

Tea and coffee have the effect of brightening the mental faculties and causing thoughts to flow more rapidly. But there is always an unfavorable reaction from such unnatural

stimulation. These effects are recognized as similar to those produced by alcohol.

Tea and coffee are used to relieve headache, and when users of tea and coffee attempt to stop using them, they find that they have been having a headache for years, but did not know it!

The analysis of several kinds of tea shows that average tea contains 3.6 per cent caffeine. That means that one pound of tea contains 252 grains of caffeine. According to Bulletin No. 148, U. S. Department of Agriculture, it takes one tenth of a grain to kill a mouse. Therefore there is enough poison in one pound of tea to kill 2,520 mice! It takes from five and one-half to six grains of caffeine to kill a rabbit. Therefore there is enough poison in one pound of tea to kill forty-five rabbits. It takes six grains to kill a cat, therefore there is enough poison in one pound of tea to kill forty-two cats. Though the amount of caffeine required to kill a man is very large, yet a dose of fifteen grains, which is sufficient to kill a puppy weighing six and two-thirds pounds, will cause alarming symptoms when given to a man. There are from two and one-half to three grains of caffeine in a cup of tea or coffee.

After a lecture which I heard Dr. Harvey W. Wiley give in the high school of Malden, Mass., he was asked why he objected to the use of tea and coffee. He said, "They ruin the nervous system."

Dr. David Starr Jordan, of Leland Stanford University, has applied the term "drug addicts" to users of tea and coffee, saying that alcohol, morphine, caffein, "one and all, teach the nervous system to lie."

Tea prevents sleep. Opium produces sleep. The best antidote for an overdose of opium is tea or coffee. We have regarded the use of opium as a most terrible habit, but in the light of the fact that tea is more powerful to keep people awake than opium is to put them to sleep, how should we regard the use of tea and coffee?

In his book, "Tea and Coffee, Their Physical, Intellectual, and Moral Effects on the Human System," Dr. William A. Alcott says on page 43, "He who is in the habit of exciting

his nervous system with tea, however slightly,— so that he can labor or think the better for it,— is already in the path to intemperance, in the strictest sense of the term, and has no guaranty that he shall not advance, on the high road he has entered, to its grosser and more destructive forms." And on page 40 he says, " That tea drinking subjects us, in no trifling degree, to the dominion of the animal appetites, will, I think, hardly be doubted. He who is dependent, for strength of body or mind, on anything whatever that is a mere excitant of the nervous system, has his spiritual nature, to a degree somewhat in proportion, enslaved to the animal propensities. Such a result is inevitable.

" But the tremendous waste which the use of these beverages occasions, to which I have alluded in the first chapter,— I mean the mere pecuniary waste,— is another evidence of its demoralizing tendency. It is no light thing to spend ten or twelve million dollars every year on an article which is acknowledged, at best, to be a mere luxury, and not, in any ordinary sense of the term, a necessity. . . .

" Is it not passing strange that a Christian community, which with every possible exertion can scarcely be roused to give $250,000 a year for the conversion of the world, will spend more than forty times that sum for tea? Is not the influence, then, of tea drinking demoralizing? "

He quotes on page 104: " Says Dr. Oswald, ' The road to the rum cellar leads through the coffeehouse. Abstinence from all stimulants is easier than temperance.' "

Cocoa does not contain caffein. It contains tannic acid and theobromine. Theobromine is only about half as bad as caffeine, and a cup of cocoa contains only half as much theobromine as a cup of tea or coffee contains of caffeine. Therefore cocoa may be said to be about one fourth as bad as tea or coffee. Chocolate candy, of course, is open to the same objection.

Wu Ting Fang, the noted Chinese diplomat of a few years ago, said, " The rule of moderation is applicable to things which are nutritious, or at least harmless, but not to noxious food, however small the quantity of poison it may contain."

That is the way I, personally, feel about cocoa and chocolate candy. I do not desire even the small ill effects which may come from their use.

Coffee substitutes are so much advertised and so well known that it is not necessary to speak of them. But I believe that the free use of even coffee substitutes is not to be recommended. I myself cannot understand why people must have the water they drink colored and flavored. There is no drink that so successfully quenches thirst as pure water. And the best time to quench thirst is between meals, not at meals. In fact, the taking of excessively hot drinks at meals, a practice to which many are slaves, is very debilitating to the digestive organs.

It might be interesting to our readers to know that there are substitutes for tea as well as coffee. One of these is made from alfalfa, which is a wonderful food for animals, and which is rich in minerals and vitamins, especially the E vitamin. The tea made from this is not only harmless, but actually valuable to the health. Another harmless tea substitute, which tastes more like tea, is Kafir tea, which comes from Africa.

Palatable hot drinks can be made from dried celery leaves, dried raspberry leaves, dried clover blossoms, and pine needles, and all these drinks are somewhat valuable for their mineral content and their vitamins.

H. A. ROBERTS

"More milk, please, mamma!"

THE FEEDING OF CHILDREN

BABIES should be breast-fed, unless this is impossible. Only one tenth to one sixth as many breast-fed babies die during the first year as bottle-fed babies. And after the first year, children who have been breast-fed are sturdier and have greater resistance to disease. Even when the mother's milk is insufficient, it is better for the baby to get as much of the mother's milk as it can, and supplement this with additional feeding. Space will not permit of detail, but it is possible to increase the supply of mother's milk by diet and other appropriate measures, and authorities say that 90 per cent of mothers can nurse their babies if they will.

Milk is poor in iron, and this is a reason why iron-supplying foods should be added to the diet early. By the fifth month the child should be given one teaspoon of orange juice a day, diluted with cooled boiled water, and this may be increased to two or three tablespoons of undiluted orange

juice by the end of the first year. Tomato juice may be substituted.

By the sixth month vegetables may be added to the diet, first in the form of the juice from cooked vegetables, later in the form of purée (rubbed through a strainer). Spinach and carrots are to be preferred first.

It is very important that children should acquire the taste for vegetables when very young. Children readily take vegetables during their first year, but if they have not had them at this time, it is often with great difficulty that they can be induced to eat them. I meet many young people who show a great need of vegetables in their diet, but who say they cannot persuade themselves to eat them. This is because a taste for vegetables was not acquired sufficiently early in life.

Other vegetables that may be added to the diet are asparagus, peas, string beans, squash, kale, and other greens. Hard-boiled egg yolk is a valuable addition to the diet as the baby grows older, along with vegetables, only one-half yolk being given at first, and not more than one yolk a day during the first and second years. Eggs do not agree with all babies, however, and care must be exercised in preparation.

A crust of bread to chew may be given during the eighth month. Cow's milk is important in the diet of older children. Its use may be begun by the ninth month or earlier, and it is advised that older children have a quart of milk a day.

It is important that children be taught regularity in eating, and not be permitted to eat at irregular times. If candy is given to older children, it should be at the end of a meal as dessert. Sweet fruits, dates, raisins, figs, are greatly superior to candy in the diet of children, and entire-wheat bread has health-sustaining qualities that are lacking in white bread.

DIET FOR CHILDREN BETWEEN 5 AND 6 MONTHS

6:00 A. M.—Breast or bottle.
9:00 A. M.—Orange juice, ½ to 2 ounces.
10:00 A. M.—Cereal jelly, and breast or bottle.
2:00 P. M.—Breast or bottle.
6:00 P. M.—Breast or bottle.
10:00 P. M.—Breast or bottle.

In order that the baby may become accustomed to cereal food, this very gradual addition of cereal jelly at the 10 A. M. feeding is made. Start by giving the infant one teaspoonful at the 10 A. M. feeding and follow immediately with the usual breast or bottle feeding. The next day feed two teaspoonfuls and follow by the breast or bottle, thus increasing until six to nine teaspoonfuls are given at the 10 A. M. feeding, immediately followed by the regular milk feeding.

Cereal Jelly

Cereal jellies can be made from practically any cereal, although most physicians prefer prepared cereals, such as barley flour, arrowroot flour, and oat flour.

When using cereal flours, mix three level tablespoons of cereals in a teacup containing a little cold water. Work this into a thin paste. Add the paste to a pint of boiling water and boil for twenty minutes. If common cereals are used, three tablespoonfuls should be added to a pint of water and boiled for about three hours. Salt, strain through coarse muslin or a fine sieve, and cool.

Cereal jellies must be kept on ice and should be made fresh daily. If milk is added, for the breast-fed infant it should be a small amount of boiled cow's milk. For the bottle-fed, pour a small amount of the formula from the bottle onto the jelly, and feed with a spoon.

No sugar is to be given with cereals or at any other time except as ordered in formula.

DIET FOR CHILDREN BETWEEN 6 AND 7 MONTHS

6:00 A. M.—Breast or bottle.
9:00 A. M.—Orange juice, ½ to 2 ounces.
10:00 A. M.—Cereal and breast or bottle.
2:00 P. M.—Breast or bottle.
6:00 P. M.—Breast or bottle.
10:00 P. M.—Breast or bottle.

The infant has become by this time accustomed to digesting the cereal jelly, and it is perfectly safe to start feeding cereals now. But all changes should be very gradual. You should start feeding the cereals one teaspoonful at a time, immediately followed by the breast or bottle, and gradually

increase this feeding day by day, a teaspoonful at a time, until the baby is getting from three to five level tablespoonfuls, followed by the breast or bottle.

Cream of wheat or similar white cereals may be used, but brown cereals must be used only on your doctor's advice.

Powdered rusk or Zwieback, or powdered, thoroughly toasted white bread soaked in milk may be given as an alternative cereal in order to provide variety.

Cereals may be cooked as for the adult, provided they are cooked thoroughly. It is not necessary to strain them.

No sugar is to be given with cereal or at any other time except as ordered in formula.

DIET FOR CHILDREN BETWEEN 7 AND 12 MONTHS

6:00 A. M.—Breast or bottle.
9:00 A. M.—Orange juice, ½ to 2 ounces.
10:00 A. M.—Cereal and breast or bottle.
2:00 P. M.—Vegetable soup up to 8 ounces, followed by breast or bottle; later, vegetable soup and vegetable purée.
6:00 P. M.—Breast or bottle.
10:00 P. M.—Breast or bottle.

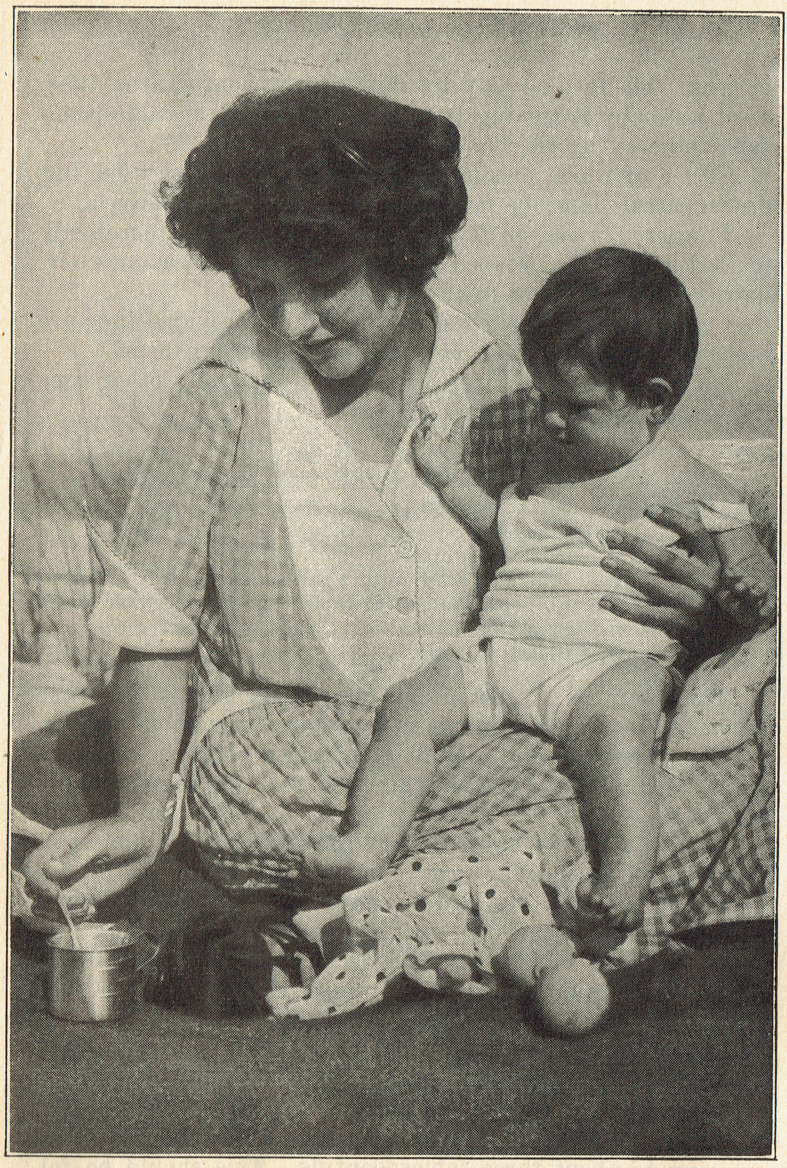
The tolerance of the infant for cereals has by this time become so increased that it is safe to start a vegetable feeding.

The vegetable soup may be fed from a bottle in the same manner as milk, and the meal finished with the regular bottle or breast.

At first give two ounces of soup followed by six ounces of formula, the second day three ounces of soup followed by five ounces of formula, the third day four ounces of soup followed by four ounces of formula, etc., increasing the soup one ounce at a time from day to day and decreasing the milk formula in the same proportion until one milk feeding has been completely replaced by one feeding of soup.

After one or two weeks, vegetable purée may be safely added with the vegetable soup. The vegetables cooked in the soup may be used in making the purée.

Feed at first one teaspoonful of the purée, gradually increasing to about three tablespoonfuls. This should be followed by a portion of soup.



H. A. ROBERTS

THAT WONDERFUL-TASTING ORANGE JUICE

The green vegetable pulp of purée often passes in the stool. The pulp of vegetables does no harm; it is the stems of the vegetables that cause trouble.

Vegetable Soup

One carrot, one tomato, medium sized (or two or three ounces of canned tomato), two fingers of celery and a bunch of spinach. Carrot and spinach are two most valuable vegetables. To these may be added many other vegetables, such as lettuce, young turnips and turnip tops, young beets and beet tops, a portion of young squash, young onions, etc. Green beans require from one and one-half to two hours for cooking. Most of the other vegetables require from twenty to thirty minutes, and should be cooked separately. The broth should be passed through a fine sieve.

Vegetable Puree

Purée is made by running cooked vegetables through a very fine wire sieve. The vegetables cooked in the soup may be used for this purpose.

NOTE.— Vegetables should not be overcooked, and all water in which they are cooked should be used.

No sugar is to be given with cereal or at any other time except as ordered in formula.

DIET FOR CHILDREN BETWEEN 12 AND 18 MONTHS

6:00 A. M.— 2 tablespoons orange, prune, or pineapple juice.

8:00 A. M.— Cereal: Wheatena, oatmeal, rice, cream of wheat, farina, Ralston's, Pettijohn's, or hominy (boiled 2 hours in double boiler).
Milk from a cup, 8 ounces.

12:00 M.— One article from each of the following groups:

1. Coddled egg or hard-boiled egg yolk (once a week).
   Milk from a cup, 8 ounces.
2. Zwieback or cracker.
   Baked or mashed potato.
   Rice.
   Macaroni or spaghetti (cooked plain).
3. One vegetable or vegetable soup.

5:00 P. M.— Zwieback or cracker.
Apple sauce or baked apple or stewed prunes.
Milk from a cup, 8 ounces.
10:00 P. M.— Milk from bottle or cup, 8 ounces.

Feed no foods not mentioned on this list. A little later the diet should be changed, provided the baby is taking its food properly.

At this age, eggs may be added to the diet. It must be borne in mind that eggs do not agree with all babies, therefore particular attention should be given to the manner in which the eggs are prepared. Coddled eggs are usually well borne by the child, and should be prepared by placing water in a saucepan on the stove and bringing it to a boil. Then remove the pan from the stove and place an egg in the water, allowing it to remain there eight minutes.

A teaspoonful of the egg may be given with baked potato (well baked) for the first day, and the amount increased till the baby is taking one egg.

DIET FOR CHILDREN BETWEEN 18 AND 24 MONTHS

6-7 A. M.— Fruit.
8:00 A. M.— Saucer of well-cooked mush. No sugar.
Piece of Zwieback or crisp toast buttered.
Glass of milk, 8 ounces.

NOTE.— Ten minutes before mush is done, a few sweet raisins may be added; or when mush is served, cut up a few dates and sprinkle over it. This will sweeten the mush with natural sugar.

12 to 1 P. M.— One article out of each of the following groups:

1. Coddled egg (2 times a week).
   Cottage cheese (2-3 times a week).
   Pea purée (2-3 times a week).
2. Zwieback, crackers, or toast.
   Baked or mashed potatoes.
   Rice.
   Macaroni or spaghetti.
3. Cooked vegetable or vegetable soup.
4. Glass of milk, 8 ounces.

6:00 P. M.— Glass of milk, 8 ounces.
Boiled rice served with milk, no sugar, or prepared cereal.
Or stewed fruit with buttered toast.
Or cream toast.
Or bread and milk.

DIET LIST

Fruits:

Juice of sweet orange, pineapple juice, apple sauce, baked apple, stewed prunes, stewed apricots, stewed figs, pears.

Cereals:

Corn flakes, post toasties, puffed rice, puffed wheat, shredded wheat.

Cooked Mush:

Germea, oatmeal, cornmeal, cream of wheat, farina, rice.

NOTE.— All cereals should be cooked at least one hour. If possible, cook for two hours. Do not serve sugar with milk.

Vegetable Soup:

Drain water from cooked spinach. Add to this spinach water, potato, tomato, and celery (other vegetables may be added), and cook well. Season to taste with salt and butter.

Green Vegetables:

Cooked: Spinach, string beans, fresh peas, fresh corn, carrots, beets, asparagus, squash, cauliflower.

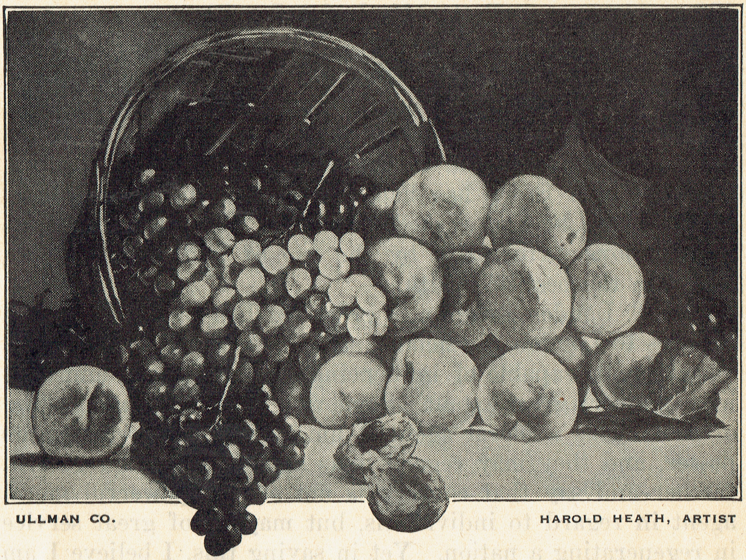
Uncooked: Lettuce, tomatoes, celery, etc.

NOTE.— Cooked vegetables are to be cooked thoroughly and passed through sieve or mashed.

HORYDCZAK, WASH., D. C.

HENRY MOSLEY, ARTIST

"FOR ALL THESE BOUNTIES WE THANK THEE, LORD"



Mother Nature Bounteously Supplies All Man's Dietetic Needs

GOOD HEALTH AND GOOD RELIGION

In conclusion, I would submit for your consideration the proposition that food is not only the greatest factor in maintaining health, but that it affects our morals, our characters, and our destiny.

Paul wrote the Corinthians: "Every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we [are temperate in all things to obtain] an incorruptible [crown]. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: but I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." 1 Cor. 9:25-27.

It is generally conceded that abstinence from indulgence in alcoholic liquors is essential to the maintenance of a religious life, and it is also true that clean physical living in other respects is an aid to character building.

Mr. Floyd Starr has had a home for boys at Albion, Mich., where he has worked marvelous reforms in the lives of bad boys, principally by the use of a diet that would maintain the best of health.

Sir T. Lauder Brunton, a great English physician, in his lectures to London physicians, said: "Cooking is a powerful moral agent, capable of influencing men's opinions and feelings to a very great extent. Some may think that in speaking of cooking as a moral agent, I am greatly exaggerating its power, and they may regard it as an idle folly if I go still farther and say that cookery is not only a powerful moral agent in regard to individuals, but may be of great service in regenerating a nation. Yet in saying this, I believe I am speaking quite within bounds, and I believe that schools of cookery will do more to abolish drinking habits than any number of teetotal associations."

"The soul that would soar is often fettered by a pork-and-pancake-fed body."—*Home Science Monthly.*

And I think this, which I found in an advertisement, is quite true: "Rulers of men do not all wear crowns. The woman who thoughtfully selects proper food and drink for husband, father, brother, or little ones, exerts a far-reaching influence toward clear thinking and successful achievement."

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